Chichester Herald

Friday 4 October 2013
YOUR FREE WEEKLY NEWSPAPER

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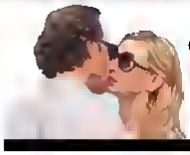

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'Plenty' not hitting the brakes

>> *Community group to step up action on speeding motorists*

Dean Adams
MANAGING EDITOR
NEWS@CHICHESTERHERALD.CO.UK

MOTORISTS in Chichester could soon be facing £100 fines for driving at 24mph if a police plan to crackdown on those breaking 20mph limits goes ahead.

Only drivers travelling at 32mph or more can currently be given tickets in zones introduced across the city earlier this year.

But under new national policing guidelines from the Association of Chief Police Officers (ACPO), officers could soon be handing out a speeding ticket which comes with a £100 fine and three points, or offer drivers a £95 education course and therefore avoid points on their licence.

The news is most welcome for the 20's Plenty for Chichester Community Group, who will continue to take an active role in monitoring the streets.

An email dated September 17from the office of the Sussex Police & Crime Commissioner to 20's Plenty for Chichester says that 'Sussex Police are able to enforce any legally established speed limit. However, the Force would not routinely expect to enforce 20mph limits because there is an expectation that there would be sufficient traffic calming measures in place, including speed bumps and traffic islands designed to slow traffic, to ensure that average speeds are kept low.'

Now 20's Plenty for Chichester has recently received the official go ahead to start speed monitoring the new 20mph limits, a breakthrough for the 20's Plenty for Chichester Community Group. Previously, speed monitoring by Sussex volunteers had only been possible on 30mph streets. But now 20'S PLENTY for Chichester is organising volunteer teams to monitor the new 20mph speed limits.

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College Lane in Chichester is one road under discussion for new speed monitoring action

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Mystery of museum's stone head

A MYSTERY huge stone object known as the Bosham Head which is part of The Novium's collection could be that of the Roman Emperor Nero, a talk will reveal.

Little has been known about the 170kg (26 stone) stone head including who it was meant to represent or how it ended up in a flower bed in the vicarage garden at Bosham.

A talk by a leading academic will reveal that it could be a depiction of Nero, who became Emperor at the age of 14 and ruled the Roman Empire from 54 to 68 AD. Depictions of him are rare as he was regarded as a cruel leader and portraits of him were destroyed.

Dr Miles Russell, a senior lecturer in prehistoric and Roman archaeology from Bournemouth University, will also talk about how cutting-edge technology in the form of 3D digital scanning has been used to try to determine whether the stone head was carved separately from the body. The imaging was carried out at the Collections Discovery Centre at Fishbourne, where the head is currently stored.

Councillor Eileen Lintill, Cabinet Member for Leisure, Wellbeing and Community Services at Chichester District Council, says: "It is really exciting that more information about the Bosham Head is being uncovered, including new speculation as to who it may depict. It has always been a bit of a mystery to museum staff as to who it was meant to represent. It is fascinating that we can learn more about items in The Novium's collection using new technology such as 3D digital scanning."

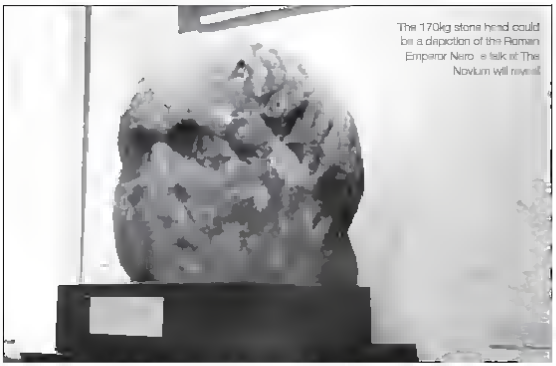
Dr Russell has been researching the head as part of his work on monumental sculpture. His lecture 'Finding Nero (and other Roman Emperors)' is at The Novium on Thursday 24 October from 6.30-8pm.

The lecture is part of a three-lecture series on Roman art entitled 'Ancient Roman Art – powerful, political or just pretty'. The other lectures are:

• An Introduction to Roman Art on Thursday 10 October from 6.30-8pm, and
• Chichester's Roman ruler and his people: a kingdom and its artistic legacy with Professor Martin Henig of Oxford University on Thursday 17 October from 6.30-8pm.

Tickets cost £12 or £30 for all three lectures. Pre-booking essential.

Anooshka Rawden, The Novium's Collections Officer, says: "As one of the first major Roman towns on the South Coast, Chichester has left a fascinating artistic legacy, possibly acting as a blueprint for urban development in Roman Britain.



The 170kg stone head could be a depiction of the Roman Emperor Nero - a talk at The Novium will reveal

"Academics often debate whether the Romans produced art at all or whether they simply copied and adapted original work by the ancient Greeks. How did artists in the provinces respond to Roman art?

"The Jupiter Stone found beneath the post office on West Street depicts the iconic image of the three graces although only two women are shown. Perhaps the maker decided two looked better than three? Perhaps the third grace didn't fit the space? The lecture series will explore these questions as well as covering wider themes from Roman art."

To book tickets or for further information please contact The Novium, Tower Street, Chichester on email at thenovium@chichester.gov.uk or call 01243 775888.

Hospital in need of surgery!

PATIENTS are potentially being put at risk at St Richard's Hospital – due to a struggle to clear a backlog of repair bills.

Health bosses have revealed it would cost up to £17.5 million to carry out outstanding maintenance work to buildings to three local hospitals, including Chichester.

The figure includes urgent repairs which have a higher or significant risk of affecting patient care.

This includes repairing defective rainwater pipes and leaks or damaged floors, replacing sinks and taps and fixing a cracked skylight.

Moderate and low risk repairs include removing trailing cables, replacing double glazing, fixing leaking window seals, renewing felt roofing and replacing ceiling tiles.

A Freedom of Information request revealed Western Sussex Hospitals NHS Trust, which runs St Richard's Hospital, Worthing Hospital, Southlands Hospital in Shoreham, has a backlog of around £17.5m of problems to repair.

Western Sussex Hospitals director of finance Spencer Prosser said: "Our trust runs three large hospitals, and so inevitably there are significant ongoing costs involved in keeping our sites maintained to a high standard.

"Since our trust was formed in 2009 we have reduced our overall backlog costs year on year.

"Our first priority must be to focus on the most urgent work which relates to patient care, safety or legal requirements, and we are successfully doing that."

But is a Hospital has a backlog of repair bills

Anorak Corner

Did you know? A taster of Chichester facts and figures...

Thorney Island was originally in Hampshire but is now in West Sussex!

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Tweets of the Week!

All tweets are from Chichester people or about the area
(Some tweets may contain errors)

@JaneRusbridge
"Looking forward to visiting Eric Ravilious Prints show coming up at Chichester's @ PallantGallery this autumn"

@georgiemals
"As if there's drug dogs at the SU queue - ---- This is Chichester hunts not exactly the top place for crime"

@DMinTransition
"RT @G2Chichester Slindon Pumpkin Festival near #Chichester thoughout October http //goo gl/jEbj1H feeling like #autumn"

@Lietnek
"We don't have just any buskers in Chichester We have a strange chap playing classical music on a violin with backing from a Bose speaker!"

@ticlaverveer
"Huge Chichester stone could be head of Roman Emperor Nero say archaeologists"

Follow us: @chiherald

Men at 60 are invited to more reunions than ever, and more funerals

Tommy Boyd
Legendary TV

PAOLO DI CANIO

He got sacked as manager by Sunderland for a management style which is said to be based on "Hagakure" a book of snippets of wisdom by Japanese Samurai on how to understand life It's a great book

EXAMPLE

"Learning is a good thing but more often it leads to mistakes It is worthwhile looking at the deeds of accomplished persons for the purpose of knowing our own insufficiencies But often this does not happen For the most we admire our own opinions and become fond of arguing" This was said by Tsunetomo a ferocious samurai whose request to commit seppuku on the death of his lord was denied so he became a peaceful Buddhist monk albeit one you wouldn't pick a fight with My point is there are few today who live their lives with such clarity of self awareness Especially Paulo Di Canio

CONTINUING

Without the editor's permission I will continue this peripatetic column in the style of the samurai bible

MEN

It is a good thing for a man of 5'6" to live in the province of Chichester for men there are generally shorter But such a man may not be able to find a pair of pants with a smaller waist than 36" This is worthy of much thought

WORSHIP

It is said that a wholefood shop in Chichester closes its doors for business on days such as the Saturday Sabbath and other such occasions This is to be revered as the hunger for nourishment greater even than organic food is the way

VANITY

A man from Chichester was very proud that he had visited the greatest football stadium in the world, the Maracana in Rio de Janiero Such was his pride that when he was introduced on Thursday to a young Brazilian man he boasted of this The Brazilian man replied "Yes it is wonderful to watch football at the Maracana Even more wonderful to play there" For the man was a Brazilian professional footballer who now lives round here It must be noted that the first man was truly pleased to be bested by the other man, but only because he now has a friend who is a Brazilian footballer, which makes him even more vain

TIME

Upon arriving at the Cross on Wednesday looking for a shirt to wear to a reunion and thinking of going to Next or River Island a prophet noticed that the clocks all showed 12 00 even though it was nearer 9 30am This story is told by Tom Boyd who has always believed that it is later than you think He went to Steven Lawrence instead

REUNIONS

All men of every distinction notice that at 60 they are invited to more reunions than ever and more funerals There is no shirt that is suitable for both meaning an outlay of near £100 in total with more being spent on the reunion shirt than the funeral shirt even though an equal amount of drinking will happen at each event This story was heard in the bar at the Ship Hotel which like all men is undergoing another periodic refurbishment

PRESENTATION

Men from time to time consider getting a decent haircut This is always at times when their hairline is changing like George Osborne Michael Gove told him he has "turned it round to stop the recession" which is not clever because Ed Miliband should then say it's just another cut which isn't working But Ed is not good at jokes

JOKE

A good rebuttal this week would be for Ed to say "Actually my father hated Belgium" As the Daily Mail hates Brussels even more than they hate Labour Neil Kinnock would have said this And it would have got him asked to move away like he was at Craven Cottage on Saturday

CONTACT TOMMY AT TOMMYBOYD@CHICHESTERHERALD.CO.UK FOLLOW TOMMY ON TWITTER @THETOMMYBOYD

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Chichester Herald is a free newspaper available for self selected pick up every Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **75,000**

Distribution locations include Tesco Sainsbury's Waitrose Iceland Chichester bus station Chichester train station Westgate Leisure Centre Nuffield Fitness & Wellbeing Gatwick newsagents One Stop Chichester College plus **300 newspaper stands** in the area Chichester Herald is also in all coffee shops We also distribute at least one newsletter to the majority of businesses in your area including industrial estates and the outskirts of the city

Pick up point areas and businesses delivered to include
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Founder/Managing Director:
Dean Adams *(Managing Editor)*
dean.adams@chichesterherald.co.uk

Sub-Editor:
Megan Hedges
megan.hedges@chichesterherald.co.uk

Advertising:
Hannah Rason *(Advertising Manager)*
Hannah.rason@chichesterherald.co.uk

News, sport & entertainment
news@chichesterherald.co.uk

Advertising
advertising@chichesterherald.co.uk

Accounts:
accounts@chichesterherald.co.uk

Photographer
Rebekah Grace
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Business Development Consultant
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Bogus caller steals cash from elderly victim

A VULNERABLE DISABLED man was targeted by a thief under the guise of selling cleaning cloths, calendars and other items door-to-door at Bersted Green Court, Hazel Road, Bognor Regis

Two men are believed to be involved in this particular incident and knocking on doors on Tuesday 24 September. One is described as being white, approximately 6'2", with short dark hair and clean shaven. He was carrying a large black bag. The man is alleged to have stolen cash from the victim.

Elderly or vulnerable residents are warned not to answer the door to cold callers and not to purchase items from people selling door to door as they may put themselves at risk of theft or burglary

Anyone with any information about this or similar incidents should contact Sussex Police on 101 or leave an anonymous message with the independent charity Crimestoppers on 0800 555 111.

Women urged to be vigilant after 33-year-old assaulted

POLICE are urging women to be vigilant after a 33-year-old was grabbed from behind by a man.

The victim was walking through Longbrook Park in Felpham when she was approached by a man from behind between 4pm and 4.45pm on Tuesday 24 September.

The man indecently assaulted the woman but fled after the woman hit him with her handbag.

Officers are considering the possibility that the incident could be linked to an incident in Flansham Lane on 18 September when a man grabbed a woman but then ran off.

Detective Sergeant Sally Arbuckle said "We are considering the possibility that the same man is responsible for both incidents.

"Neither victim has been seriously hurt but both are understandably upset at what happened to them.

"I am keen to speak to anyone who was in Longbrook Park at the time on 24 September and could have seen what happened.

"I would urge women walking in the area to stay vigilant. There is nothing to suggest that this man poses a physical threat to anyone but it is still important that women stay alert and contact us if they are concerned about the behaviour of any men they see acting suspiciously."

Anyone with information should call 101 quoting serial 543 of 25 September or the independent charity Crimestoppers on 0800 555111.

Two woman die in collision

A FATAL collision has claimed the lives of two women near Goodwood on Saturday night (28 September).

A silver Volkswagen Golf was travelling north on the A285 at Upwaltham near Goodwood when it turned right into an unnamed road across the path of a blue Honda Civic. The two cars collided around 10.45pm.

Two woman, a 75 year-old and a 74-year-old, who were passengers in Golf, both from London died from their injuries. The 85-year-old male driver and his 74-year-old woman passenger, also both from London, suffered serious injuries and were taken to Royal Sussex County Hospital in Brighton.

The 28-year-old man from Chichester, who was driving the Honda, suffered whiplash. His passenger, a 25-year-old man from Chichester, also suffered whiplash.

Anyone who saw what happened is asked to contact police on 101 quoting Operation Ardington or email collision.appeal@sussex.pnn.police.uk

Arrangements for Westbourne ward by-election

FIVE candidates have been nominated to stand for the Westbourne ward by-election next month.

They are Alicia R Denny – UK Independence Party; Mark Dunn – The Conservative Party Candidate; Andrew Emerson – Patria; Thomas Brian French – Green Party; Dr Philip MacDougall – Liberal Democrat.

The by-election will take place on Thursday 17 October 2013. The polling station will be open from 7am until 10pm at Westbourne Church Hall, Westbourne Road. PO10 8UL (Electors in WES1).

Poll cards have been sent to all registered electors.

The by election has been called after the resignation of Councillor Mrs M Elliott. The successful candidate will serve on the District Council until May 2015.

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Hundreds of two-year-olds already benefiting from free early education and childcare

HUNDREDS of young children in West Sussex are already benefiting from a scheme to offer free early education and childcare to two-year-olds, which was launched nationally by the Government this month.

Around 20 per cent of two-year-olds in the county are now eligible to receive up to 570 hours per year of free education and care with a registered nursery, pre-school or childminder.

The scheme is an expansion of the 'Free Entitlement' sessions which have been available to all three and four year olds for some time.

In West Sussex around 850 two-year-olds are already signed up to the scheme, which was introduced early to families who were identified as meeting the criteria.

West Sussex County Council's Family Information Service is now urging people to check if they qualify for the free childcare. Families that are eligible for free school meals will qualify, as will many other children.

West Sussex County Council Cabinet Member for Children – Start of Life, Peter Evans, said: "Many families are already seeing the difference a good early education can make to a child's development.

"It not only helps with a child's learning and social skills, it also helps them prepare for the big step of starting school for the first time.

"And of course the scheme has the added benefit of being a great financial help to many families."

To find out if you're eligible for the two-year-old funding, or to find out about nurseries, pre-schools or childminders in your area, contact the Family Information Service on 01243 777807 or email family.info.service@westsussex.gov.uk.

To find out if you're eligible for free school meals visit the County Council website at www.westsussex.gov.uk and search for 'school meals'.

Further information on any of this can also be found on the County Council website or by asking at your local Children and Family Centre.

Tournament triumph for Oakwood colts

The Oakwood Colts A football team. Back: Edward Sweet, Freddie Mayhead, Gabriel Barwick, Tom Betsworth, Ethan Randell. Front row: Robbie McDonald, Charlie Blair, Sam Sage.

THE OAKWOOD COLTS A TEAM got the football season off to a flying start with a stunning victory in the Lancing College Under 11 6-a side tournament recently. 24 teams took part, representing schools from across the South East, with competition at a very strong standard.

Oakwood's Head of Games, Matt Vella, was very proud of the Oakwood boys. He said: "Our team showed determination, teamwork and flair, and they performed brilliantly against teams from schools two or three times bigger than Oakwood. I have very high hopes for the rest of the football season!"

Orchestra wins national award

THE WEST Sussex County Youth Orchestra has won a prestigious national award which will see them perform alongside one of the world's leading orchestras.

The orchestra, which is West Sussex Music Service's flagship ensemble, has been granted the Music for Youth (MFY) National Partnership Award.

The award is sponsored by the London Philharmonic Orchestra (LPO) and as part of their prize the Youth Orchestra will perform side-by-side with the LPO at one of their concerts at the Royal Festival Hall.

Members of the Youth Orchestra will also meet the LPO players and take part in one of their general rehearsals.

They were chosen following the finals of the Music for Youth festival, which was held at Birmingham's Symphony Hall in July, where they impressed MFY Music mentors.

Conductor David Bennet said: "I am absolutely delighted and extremely proud of the young people in the orchestra.

"The opportunity to rehearse and perform with one of the world's most renowned orchestras is just fantastic."

The orchestra is made up of 90 young musicians from West Sussex, aged between eight and 19-years-old.

Peter Evans, County Council Cabinet Member for Children – Start of Life, said: "This is an outstanding achievement for the young musicians, as well as the West Sussex Music Service.

"The orchestra has gone from strength to strength, and I think we have to pay tribute to the work of their conductor David Bennet and the staff at the Music Service.

"It is under their guidance and tutelage that this has been possible. Well done."

To find out more about the orchestra contact the West Sussex Music Service on 01243 642361 or go to www.westsussex.gov.uk/musicservice.

Portfield Primary Academy offers parents a 'Golden Ticket' to its Open Day

PORTFIELD PRIMARY ACADEMY in Chichester has seen many positive changes over the past year and is inviting prospective parents to come and see the transformation for themselves at the school's Open Day on the morning of Wednesday 9 October 2013, between 9am and 11.30am.

To tie in with the whole school learning theme, 'Once Upon a Time,' on arrival at the Open Day, every parent will be given a golden ticket, allowing them entry to the special activities on offer, demonstrating the quality of teaching and facilities at the school.

The morning will feature a short presentation by Head teacher, Daryl Power, at 9.15am and 10.15am, plus guided tours in which pupils will be showing groups of prospective parents, and children, around the school's modern and newly refurbished facilities.

Parents will be shown what is on offer for their child in terms of education at Portfield Primary Academy, including the benefits of the school's thematic approach and the way in which its experential learning engages pupils. The tours of the school will also follow the 'Once Upon a Time' theme, and will be an opportunity for parents of prospective pupils to see how the school has developed over the past year.

Anyone wishing to attend the open day can contact the school on 01243 783939 or email office@portfield.w-sussex.sch.uk for further details.

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'Plenty' not hitting the brakes

Continued from page 1

Wider area 20mph limits were approved by the Chichester South County Local Committee in November 2012. Extensive consultation found 76% of people supported slower speeds. The then Chair of the CLC meeting, Councillor Mike Hall, asked the 20's Plenty for Chichester group to help with education and enforcement. Speed monitoring helps the signed limits work better because motorists will receive feedback on the lawfulness of their driving.

Volunteers go out in teams. They do not stop moving traffic. The work involves using roadside speed monitoring equipment, taking the number plates of offenders and giving details to the police. It is not technical or difficult and full training is given. You do not have to be a driver and will not directly be speaking to motorists.

Sarah Sharp, Chair of 20's Plenty for Chichester said: "This police permission on 20mph is a huge breakthrough. Rules on speed limits and enforcement are being re-written nationally. I am very pleased that Sussex Police now accept volunteers to help monitor compliance with 20mph limits on our city streets. Please would anyone with an odd hour to spare get in touch. I am very pleased that I already have a team of committed volunteers, but it would be good to have more!"

Potential volunteers are asked to contact Sarah Sharp with details of days and times they are available. Sarah is on 07769 843556 or chichester@20splentyforus.org.uk. There is also a display in Chichester Library for the rest of this week and volunteers can sign up there.

Speed monitoring will begin in two areas of the city where residents have already contacted the group with their concerns. Please get in touch if you have suggestions for locations where you are concerned about speed.

20's Plenty for Chichester is very keen that the new limits are monitored. All residential roads should be safe for people of all ages to use, whether on foot or bike.

Volunteers are urgently needed now, particularly whilst 20mph limits are new. They are not expected to be needed long-term as demand should reduce once drivers get used to driving at the new limit.

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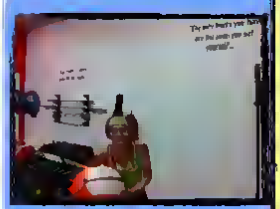

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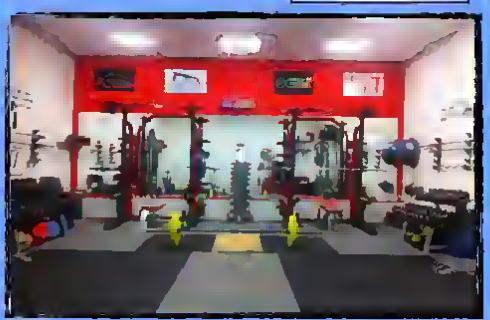

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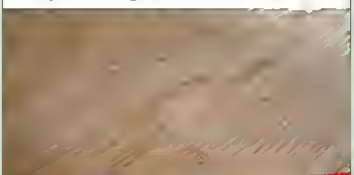

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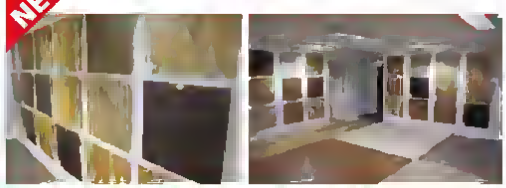

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The past is a foreign country…

Allis Moss

ON THE CASE

I got a call from the ex this week. It's always unnerving isn't it? It can be even more unnerving if you find you get on rather than having a row or an icy exchange. There you are, snug and smug in your new existence, when the unexpected trilling of a phone disturbs the fabric of the space-time continuum. Your diligently-constructed present suddenly wavers like a mirage. You are transported back to a different age, when you were a different you, instead of whoever you are now.

They do things differently

Remember that line—"the past is a foreign country: they do things differently there"—from L.P. Hartley's The Go-Between? Sometimes revisiting the past (assuming you ever left it) and even staying there works, sometimes not. Sarah Ferguson and the Duke of York divorced but still live together and she's hunted they may remarry. Having a ducal ancestral seat with 30 rooms, where you might only meet once a week, may or may not help avoid arguments over who left the cap off the toothpaste tube. But sometimes you have to let go. Take the case of Deidre, who never forgot the young musician she'd had a massive crush on as a teenager. More than 30 years and three grown-up children later, she tracked him down half-way across the world and effected a passionate reunion, before he had a reality-check and told her he was in love with someone else—from his present. Maybe the best thing, like all survivors, is to adapt to circumstance. I lived in Paris for some years, city of light and lovers. Parisians are also very pragmatic. One couple I knew of, neighbours, got it together. They knocked down the dividing wall between their two apartments to live together. Some years later they fell out—and built the wall up again. Sorted.

Fiction

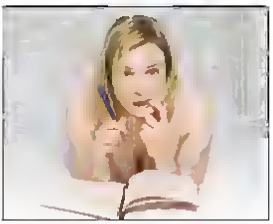
Even the fictional past is causing problems. Fans of Bridget Jones are distraught that Mark Darcy, played on screen by Colin Firth, has been done away with, killed off and replaced in Bridget's new life in the latest book, Mad About the Boy, by the more contemporary phenomenon of a 29-year old toy-boy. For me, there was really only ever one literary Mr Darcy, from an even longer ago past (also played on screen by Mr Firth). Get a life, say some. Others are heartbroken. As any student of psychology will tell you, our emotional reactions don't distinguish between what has happened in the real world and the imagined. I suppose Helen Fielding didn't want to write about a middle-aged couple with kids, she wanted an older Bridget still counting calories and the thrill of the chase, which could only come from a new relationship, so Darcy had to go. Shame.

Sell by-dates

Unlike relationships a lot of foods have a definite enjoy-by-date in a label on the packaging. As a result, thousands of tonnes of perfectly edible food are being dumped. I love dawdling in aisle 23 at the big Tesco's in Chichester for discounted food going cheap. Now, one American businessman has honed the brand by opening a supermarket and restaurant specifically to sell out-of-date food.

The flowing moment

If you're sick of living in the past and of eating stale food without having to go out for it, help is at hand! The practice of 'Mindfulness' teaches us to live in the flowing moment. Instead of harking back or worrying about the future, it's all about savouring the present. After the call from the ex, I took a slice of cheddar and an apple into the garden to eat them mindfully—thoughtfully with small bites. It was the juiciest apple and the most flavoursome slice of cheese I've ever tasted.



Fans of Bridget Jones are distraught

And finally

Wallowing in the past is great, isn't it? I've been watching that old ad for Yellow Pages. Remember—wonderful old gentleman with walking cane and impeccable manners searching antiquarian book shops for his tome on fly-fishing. "My name?" he queries at the end. "Oh yes, it's J. R. Hartley." If you didn't see it on TV, it's on Youtube. Right, got to go now, the phone's ringing.

Contact Allis at: allis.moss@chichesterherald.co.uk

Directors appointed to take Chichester District forward

A MANAGEMENT RESTRUCTURE at Chichester District Council, which aims to save over £300,000, has begun.

Councillors last week agreed to appoint Paul Over and Steve Carvell as the two Executive Directors at Chichester District Council.

A recruitment process to reduce the Executive Director posts from three to two had been scheduled for October. However, Amanda Jobling, current Executive Director for Home and Communities, will be taking redundancy. Amanda will stay at the council until May 2014 to conclude work on the Local Plan project and other key projects.

"I am confident that the new structure will help to meet the future challenges we will have to face," says Diane Shepherd, Chief Executive of Chichester District Council.

"Cuts to our Government grants and reductions in income have meant that we have to look at new ways of working. These are extremely difficult times, but our focus has to be to continue to deliver quality services to our residents, businesses and visitors at the lowest cost.

"We are incredibly lucky to have such a high calibre of staff and so it is very hard when we have to lose people. Amanda has worked for the council for nine years and has been an excellent senior manager. She has delivered and contributed to a number of high profile council projects and has worked very closely with a number of key partners to improve the quality of life for our residents.

We are very grateful to Amanda for what she has achieved within the district and we will be sorry to see her go.

"Steve and Paul have a wealth of experience between them and have been instrumental in leading and delivering key projects. They have extensive experience in partnership working, are community focussed and have contributed positively to the financial challenges we face. I look forward to working closely with them so that we can continue to meet the needs of our residents and the district as a whole."

The next stage of the restructuring process will now be brought forward to October, when the number of Assistant Directors will reduce from eleven to seven.

"We are very grateful to Amanda for what she has done for the district and we wish her well in the future," says Cllr Heather Caird, Leader of Chichester District Council.

"I am confident that the new management structure of the Council will be a strong leadership team. These are very difficult times for everyone, but it is important that we continually looking ahead at the challenges we are likely to face to ensure that the Council remains in a good financial position, in order to achieve our objective of delivering high quality services to our community."

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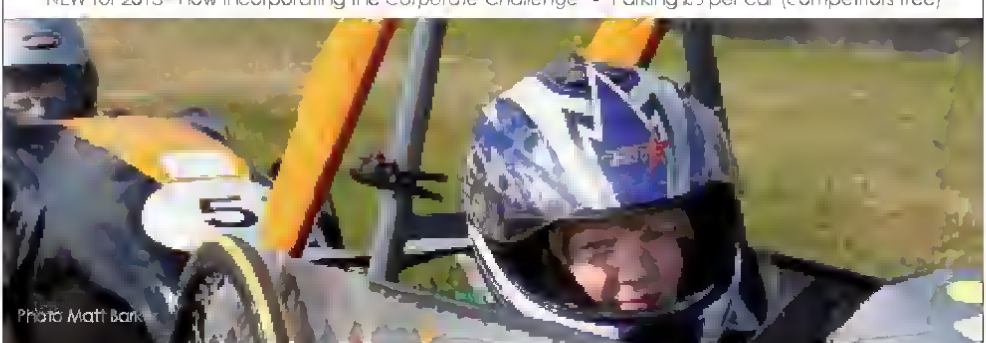

Photo Matt Bark

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100 mile walk raises funds for Fishbourne charity

A ONE HUNDRED mile walk along the South Downs Way from Winchester to Eastbourne has raised over £5,000 for a Fishbourne charity.

Alan Frost and his nephew, Ian Hughes, embarked on the challenge in memory of Cheryl Hughes, Ian's mother & Alan's sister, who passed away earlier this year after three years with cancer.

"We had shared the idea with Cheryl back in February and originally aimed to raise £2,500 on behalf of the St Peter Project for a new church hall in Fishbourne. We are extremely grateful that thanks to the huge generosity of friends, family and even complete strangers, we have doubled our initial target," said Alan, who is head of residential sales at Henry Adams estate agents and based at their Bognor office.

The walk took place over 9 days and was more challenging than expected, as it includes approximately 13,600 feet of ascent and descent.

However, Alan is a keen photographer and took the opportunity to capture some amazing shots along the way. "We saw parts of Sussex unreachable by car where you can genuinely get away from it all. It was real personal achievement and to raise money for a great cause which is close to my heart makes it doubly worthwhile."

Preparation had included booking B&Bs along the route including the charming Corhampton Lane Farmhouse, Malthouse Cottage in Cocking, and Hobbs Cottage in Pyecombe. "We were very well looked after everywhere we stayed with welcome recommendations as to the best local pubs for supper and fantastic cooked breakfasts to set us up for the day ahead."

A u[illegible] uth Downs Way

Ian added: "The toughest days were when temperatures hit 30 degrees which we hadn't expected in September. Fortunately the training paid off and neither of us had a single blister!"

Details of how to sponsor them is available at 'Alan Frost's fundraising page' on Virgin Money Giving site, or Alan can be contacted via any branch of Henry Adams.

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My Original Take

Mia Edwards

Recently in our school, there has grown an obsession with 'friendship groups'. Even though I've been saying it for years, I've decided I fricking hate that phrase. I get that it's just speedy terminology, but if you really look into it, it's stupid. People come and go from any kind of friendship settlement. You don't just have a membership. As my friend nicely put it (when I shouted at him for saying it wrong) it's better to say 'friendship CIRCLE'. This sounds just more zen really. Ever lasting friendship fun.

What doubles the annoyingness of friendship groups are their exclusiveness. My friend is in a group that mysteriously call themselves 'The 8'. This is because there are eight of them and they are not only great in number, but also great in hierarchy, hence the 'The'.

Do you see why I find this infuriating, or is it just me? Some of my closest school friends recently went through a stage of branching off and calling themselves 'The Original 4' – for they are the almighty ones, the ORIGINAL friends, and before them there were just us regular people. HOW ABOUT NO.

There's something so cliquey about giving your group a name. It makes other people feel like there's no point in them being friends with you, because you'll always have an elite set of pals. Symptoms of these groups include photos of them all being uploaded together, too many inside jokes being referenced on a daily basis (often accompanied by comments like 'omggg we must sound so weird to other people hahaha' Please go away) and a sense of superiority being passed between them, as though they all sneer at other people because they will never know how it feels to be as close to anyone as they are to each other. They may even organise events and specifically not invite other people because they are just that darn 'original'. It's all such a pleasure to be around.

Of course sometimes the members of these evil gangs are actually very nice. I'm not attacking anyone (mainly because they might hire their bounty hunter friendship group simply known as The Killer 9 to come and find me if I do) and sometimes people really do just get caught up in the thrill of being so much a part of something, and forget to just be themselves. They normally come back around in the end, originality sincerely intact.

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Olympians among those honoured by University of Chichester

OLYMPIC SILVER MEDALLISTS and a BBC Sports Personality of the Year winner are among several to be given honorary degrees by the University of Chichester this weekend.

Sailors Saskia Clark and Hannah Mills, as well as philanthropist Phil Packer MBE, will become honorary graduates alongside the Great British Synchronised Swimming Team and the Duchess of Richmond.

The honorary graduands will receive their awards together with 1,500 students from the University on Friday October 4 and Saturday 5.

In total the six ceremonies, held at Chichester Festival Theatre, will be watched by more than 6,000 people.

Vice-Chancellor Professor Clive Behagg commented: "Each year, following very careful consideration, the University honours several distinguished individuals who merit special recognition for outstanding achievement and distinction.

"Chichester has a rich history of working with individuals who have represented our nation by competing at the highest sporting level or who have raised millions of pounds for charity.

"We are extremely pleased to be able to award each with one of higher education's most significant accolades."

Ceremony two: Friday October 4, 12pm

Her Grace the Duchess of Richmond is to be awarded an Honorary Fellowship of the University to mark her extensive work with local and national charities.

The Duchess has raised millions of pounds for good causes and was, for 18 years, the president of the Chichester NSPCC.

Earlier this year she became the University's Chamber Orchestra first official patron, and has invited them to play several concerts at Goodwood House in aid of the national children's charity.

Ceremony three: Friday October 4, 2pm

British Olympic sailors Saskia Clark and Hannah Mills, who won silver medals in the Women's 470 Class at the London 2012 Games, will both be awarded an Honorary Master of Science.

Saskia is a graduate of the University, while both sailors completed part of their training for the Olympics at Chichester.

The duo began sailing together only 18 months before the Games but became Britain's first world champions in May 2012 and went on to win silver at London later that year.

Ceremony five: Saturday October 5, 9:30am

Meanwhile all 11 members of the London 2012 Great Britain Synchronised Swimming Team and the National Coach and Performance Director will receive an Honorary Master of Science.

Degrees will be awarded to the nine squad members, which include Katherine Skelton, Olivia Federici, Katrina Dawkins, Victoria Lucass, Kate Clark, Asha Randall, Jenna Randall, Jennifer Knobbs, and Yvette Baker, as well as Loredana Montico (National Coach) and Elizabeth Price (National Director).

Great British Olympic sailors Saskia Clark, left, and Hannah Mills

This was the first time a British synchro team had entered the Olympics, with Loredana and Elizabeth building the squad from scratch between 2007 and 2012, before finishing sixth at the event.

Dr Tim Holder, University of Chichester Senior Lecturer, was part of the team's preparation for the Games and will stay with the new squad until Rio in 2016 as their Sports Psychologist.

Ceremony six: Saturday October 5, 1:30pm

An Honorary Master of Arts (Education) will also be awarded to Phil Packer, MBE.

The 41 year-old, who lives in Chichester, suffered a severe spinal cord injury on active service with the army in 2008 and has since founded his own charity, the British Inspiration Trust, for young people facing adversity with disabilities.

He has completed a number of challenges to raise money for the charity which have included the London Marathon as well as the Three Peaks challenge, walking over the Ben Nevis, Snowdon and Scafell Pike mountains.

In 2009 he was also given the Helen Rollason Award at the BBC Sports Personality of the Year before being appointed a Member of the Order of the British Empire (MBE) in 2010.

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Cat and Rabbit Rescue Centre

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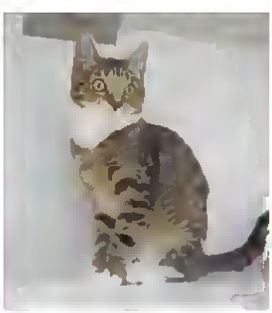
Kf97-13, a 6 month old female cat, arrived in May with 10 other cats. She used to be a little bit shy but since her siblings have been rehomed she has gained a lot more confidence. She is a very sweet and playful girl.

Kf68-13 also arrived in May with her mum and 2 siblings, which have now been rehomed. She is a 6 month old tarty and white spayed female. Since being on her own she has really started to love human attention much more.


Kf97-13, a 6 month old female cat, arrived in May with 10 other cats. She is a very sweet and playful girl needing a home

Hundreds more cats and kittens are waiting for homes now. The Rescue asks for a minimum donation of £45 for each neutered cat or older kitten which includes vaccination, flea and worm preventative treatment, microchipping and Free PetPlan vet insurance for 4 weeks. An un-neutered younger kitten is £70 including a free neutering voucher (to be neutered at The Centre) for when the kitten is old enough.

Homing by appointment 7days a week.

Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ. www.crrc.co.uk. Tel: 01243 641409

Celebrate the Aldingbourne Trust's 35th Anniversary

with

A Grand Charity Auction Plus Silent Auction and Raffle

Friday 11th October 2013

Boxgrove Village Hall, PO18 0EE
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Free Entry; however we would appreciate your support by purchasing a strip of raffle tickets on the door at £5 all proceeds will go towards our **£4 Million Appeal**.

Come and have a different and exciting night out and help us raise funds towards our **£4 Million Fundraising Appeal** which will improve facilities at the Aldingbourne Country Centre, supporting adults with learning disabilities to gain employment and develop skills to live independently.

Doors Open: 5.30pm
Registration: 5.45pm – 6.45pm
Auction commences promptly at 6.45pm
Food, soft drinks, snacks and alcohol will be available to buy throughout the evening

Everyone wishing to bid for an item MUST have registered.
All winning bids must be paid for on the night by cash, cheque supported with a valid guarantee card or credit card.

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Charity to celebrate 35 years with auction

Aldingbourne Trust

CHICHESTER-based charity the Aldingbourne Trust is very proud to be celebrating their 35 year Anniversary. As part of the celebrations, the charity is holding a Grand Charity Auction which aims to raise funds towards the Trust's £4 Million Appeal that was launched in 2012, the Appeal was started to raise money to develop the facilities at the charity's main site – the Aldingbourne Country Centre, and ensure the Trust can become more self sufficient and continue to support adults with learning disabilities for another 35 years and more.

The Auction will take place on 11 October at the Boxgrove Village Hall. The entry is free and the doors open at 5.30pm with the Auction starting promptly at 6.45pm. There will also be a Silent Auction and a Raffle in the evening. The Trust has already received some exciting 'money cannot buy' lots to be auctioned, such as a cricket bat signed by the 2009 / 2010 England team displayed in a presentation case, overnight stays in some idyllic hotels, holiday cottages, a limo ride, hampers of goodies, books signed by Downton Abbey stars, a radio experience on Spirit FM, fishing trips, family tickets for local attractions, a 'Barrow of Booze', a trip on a Thames Clipper and lots more!

The charity welcomes everyone to attend the Auction, however if you are unable to make it on the night you can place a commission bid by getting in touch with Michelle Mckinley Bell at michellem@aldingbournetrust.co.uk or call 07918058600. To see the list of items up for auction on the 11 October, please visit www.aldingbournetrust.co.uk/news_and_events/events.html.

Michelle said: "We have already had a fantastic response from local businesses and supporters and I would like to say a big thank you to everyone who has kindly donated something. We anticipate an entertaining and successful evening of bidding. We look forward to seeing everyone armed with their cash, cheques and credit cards for a great fundraising event."

The Aldingbourne Trust's lottery remains £1 per play as National Lottery rises to £2

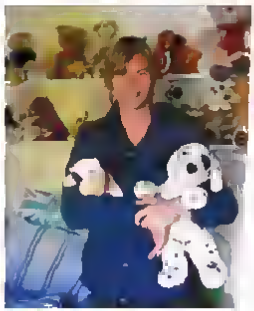
FOR JUST £1 A WEEK players can win cash prizes from £5 to £25,000 in the Aldingbourne Trust's weekly lottery. Unlike the National Lottery where only 28p in every £1 goes to good causes, the Trust receives 50p in every £1.

Michael Holden, aged 20, is a new tenant at the Aldingbourne Trust. He has a learning disability and in February 2013 he left home for the very first time to move into one of the charity's residential projects – Queen's Square in Bognor. The flat gives Michael the opportunity to live independently as any other young person would experience in their early twenties. The building also provides a community for Michael as five other Aldingbourne tenants live at Queens Square, and Aldingbourne Support Workers are available 24 hours a day to support the residents.

"It was hard to leave home but it was a good decision to move into my own flat," said Michael. "Residential College was not for me and here I have my own space and it is quiet. The first night was scary but I am happy here, I can walk into town and see my friends or do my own thing. It is nice and reassuring to have Support Workers here so they can help when I need it. I think it is good to raise money for Aldingbourne so I can have my flat, and also for people who have more severe learning disabilities and need the support."

The Aldingbourne Trust supports adults with learning disabilities throughout West Sussex. It is passionate about helping its clients lead more fulfilled and independent lives. The money raised from the lottery will go towards developing the Trust's facilities at the Aldingbourne Country Centre so that the Trust can expand its enterprises and become more self sufficient, enabling the charity to support more adults with disabilities in West Sussex.

To join the Aldingbourne Trust lottery you can sign up online www.aldingbournetrust.co.uk or ring 01243 542075 to arrange for a form to be sent to you.



Michael Holden

Coffee morning success

LAST WEEK saw a whole host of coffee mornings in and around the area in aid of Macmillan Cancer Support.

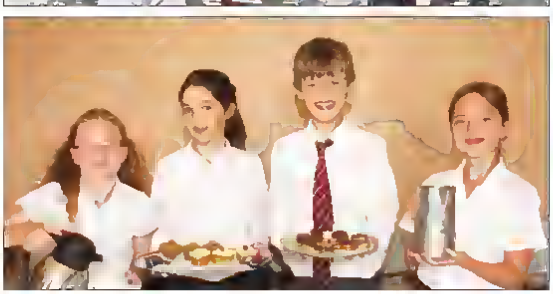
Great Ballard School at Eartham House held their third annual Macmillan Coffee morning. Funds raised by pupils, parents and staff totalled over £245 for this worthy cause.

Fun was also had at Trents in Chichester's South Street as they supplied topless waiters for the morning. Over £650 was raised during a very busy morning.

Barchester Healthcare's Marriott House and Lodge care home, in Chichester, has hosted its own Coffee morning in support of the Biggest Coffee Morning, raising £124.25 and awareness for Macmillan Cancer Support. Staff, residents and guests enjoyed Coffee and homemade cakes courtesy of the activities team and the residents.

Marriott House and Lodge is one of 220 care homes owned by Barchester Healthcare that has built up an excellent reputation in its local communities. The home regularly holds events and activities for its residents and surrounding neighbours.

General Manager, Theresa Shell of Marriott House and Lodge, said: "The morning was all about Macmillan, showing our support for the wonderful work they undertake on a daily basis and it has been great fun for everyone. Our staff and the people who live here have really got involved with the morning and have really enjoyed themselves, as well as the cakes!"



Head of Great Ballard [illegible] pupils for cake and a drink, whilst Christabel Heath [illegible] the fun. Barchester Healthcare's Marriott House and Lodge care home [illegible] morning as did the ladies at Trents who were topless waiters for a [illegible]

"Spirit of Winter Fayre"

Join us at Great Ballard School Eartham

25 October 2013

10.30am—7.00pm

- Discover our collection of stalls offering……..

Local Produce ... Unusual Gifts
Vintage Clothing .....Stocking fillers

- Storytelling at times during the day for children and grandchildren in the **Drawing Room**

- Join your friends in the **Food Hall** for a coffee, homemade soup for lunch, or stay for tea and delicious homemade cake

- At **5pm** learn how to make edible Christmas Gifts, with Andy Stephenson owner of Michelin star Hallidays Restaurant

- Return home with bags full of goodies

knowing that you have helped the
Friends of Chichester Hospital "Make a real difference"

Entrance is free for this year only—Donations welcome

Friends of Chichester Hospitals

Charity No. 225858

Chichester Business

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Six Villages Sports Centre opens earlier

SIX VILLAGES Sports Centre, Westergate is now opening its doors at 7am – one hour earlier than its current opening time. Freedom Leisure, who operate the centre in partnership with West Sussex County Council, hope the new hours will encourage people to exercise before starting work.

From Monday to Friday the gym and sports hall will open at the new earlier time, but the centre will continue to open at 9.00 at the weekends.

'I'm thrilled with the new opening hours,' says International Account Manager Jane Saunders, who works in nearby Slindon. 'Until now, I haven't had time to go to the gym before work even though I prefer to. I've been working out in my lunch hour which often means cutting my session short. It will be great to go into work knowing that I've already completed my workout."

Staff at the centre have received several requests to open earlier, particularly from local workers, keen to use the gym or pool before work.

'We're really pleased to be able to extend our opening hours, especially as we've been receiving lots of requests from our members who want to work out earlier," says Simon Wagstaff, Freedom Leisure centre manager. "Our new 07.00 opening time provides greater flexibility for our members that like to wake up early and kick start their day."

For more information, contact Six Villages Sports Centre on 01243546830 or visit www.freedom leisure.co.uk

University offers helping hand to entrepreneurs

EXPERT advice for starting and growing a business is now available from the University of Chichester.

It is part of the new Be the Business scheme which offers one-to-one advice and peer mentoring workshops, along with financial help for new and established firms in West Sussex.

The programme was launched in July following a £850,000 cash injection from West Sussex County Council to boost the economy and create new jobs.

The University will lead the scheme as part of a consortium by offering specialist boot camps and business start up advice.

The consortium – made up of Sussex Enterprise, Brandum Business Support Services, and MDHub – will also provide one-to-one help sessions and peer mentoring.

Vice-Chancellor Prof Clive Behagg said: "The University has a successful track record of supporting businesses through advice, consultancy and research.

'However, thanks to the new programme, we will also be able to offer one-to-one mentoring and financial help.

'This is a partnership approach to encouraging economic growth in the area."

As part of the scheme, the business advice sessions will be held in the newly-refurbished Dome Enterprise Centre, on the Bognor Regis Campus, which underwent a multi-million pound restoration last year.

They will be led by tutors focused on helping new and established firms to improve by creating up-to-date business and marketing plans.

Gareth Sear, from the University's School of Enterprise, said: 'If you are starting a business, or interested in becoming self employed, I recommend attending the workshops which will help overcome any barriers you may face.

"The networking events are also a good chance to meet other business owners and find out about opportunities of working with the University."

For more on the Be the Business scheme, including details of support services and grants available, visit www bethebusiness.org.

Alternatively call 0844 371 5400 or email info@bethebusiness.org.

CHICHESTER
Park Hotel
***
TO MAKE A RESERVATION CALL
01243 817400
LEISURE CLUB
at Chichester Park Hotel
Our Leisure club is the perfect place to relax and unwind away from everyday pressure. You'll be able to enjoy a leisurely splash in the pool and if you really want to relax there's the sauna and steam room too. Entry is free when you stay in the hotel.
To become a member of leisure club is easy, all you need to do is contact us and we'll be more than happy to help. Membership is available for only £25.00 with no joining fee.
Opening Times
Please note: Last entry is 30 minutes before closing
Monday to Friday: 7.00am - 9.00pm
Saturday: 8.00am - 8.00pm
Sunday: 9.00am - 5.00pm
Chichester Park Hotel | Madgwick Lane | Westhampnett | CHICHESTER | PO19 7QL
Tel 01243 817400 www.chichesterparkhotel.com

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Chichester Business

Susie Watson Designs opens craft centre in Chichester shop

THE FIRST dedicated Susie Watson Designs Craft Centre has opened its doors and launched its exciting 2013 schedule Located in a bespoke area at the rear of the Chichester shop, the craft centre accommodates courses for up to 6 people It's a lovely environment to get creative in, beautifully light and tastefully decorated in the subtle Susie Watson Designs colour palette, there's even a coffee bar so you can plan your designs over a cuppa.

There is a huge variety of courses from Sewing to Interior Design, Painting Ceramics to Embroidery, and they haven t forgotten the current craze for knitting and crochet either, their workshops are perfect for learning a new skill or improving a budding talent!

Their tutors have been recruited locally and are not only specialists in their area but passionate about their craft, their enthusiasm is infectious! Workshop prices range from £48 £65 and they last up to four and a half hours They are scheduled to run on both weekdays and at the weekend so hopefully there really is something for everyone

Here's a delightful taster of what's on at The Susie Watson Designs Craft Centre this autumn/winter but there are many more fantastic courses to choose from For a full listing and details of all their courses please visit the news and events section of their website

www.susiewatsondesigns.co.uk/info/News-events.html

Creating a Room Scheme
If you have a room that needs a makeover come along and receive expert tuition on how to redesign your room using Susie Watson Design paints, fabrics, cushions and furniture You'll leave with a mood board and the confidence to make your scheme a reality

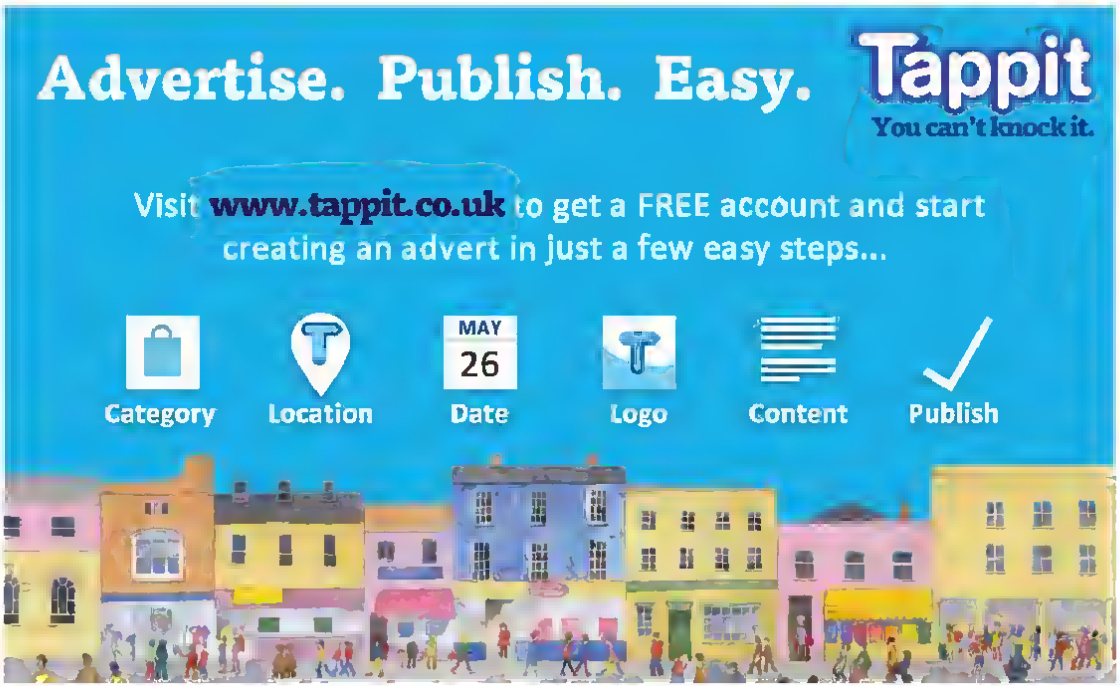
Decorating Ceramics Techniques
Using materials such as crystal glazes and element glazes you can learn to decorate a mug, bowl, vase or jug. They will fire it for you, leaving you with the perfect personalised present or keepsake!

Bunting Making
Learn to make a 2m length of double sided bunting in gorgeous Susie Watson fabrics You will learn to applique and assemble the

bunting using a sewing machine Join the Christmas themed workshop to create the perfect handmade Christmas decoration!

Machine Embroidered Fabric Cards
Learn to use your machine and threads as a paintbrush and paints to create beautiful embroidered pictures Explore the different techniques involved in creating textures and patterns with thread and stitch and impress your friends this Christmas with your handmade masterpieces

Come and join them and get creative! Bookings are taken in store or by calling 01243 768 084 / 01243 768 084
Susie Watson Designs, 26 North Street, Chichester PO19 1LX



Arts & Entertainment

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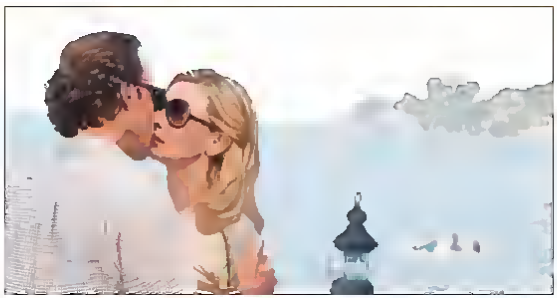
CINEMA

Blue Jasmine (12A)

FIVE out of Five stars

Running time: 98 mins
Director: Woody Allen
Starring: Cate Blanchett, Sally Hawkins, Alec Baldwin, Bobby Cannavale, Peter Sarsgaard, Andrew Dice Clay, Louis CK, Michael Stuhlbarg, Alden Ehrenreich, Max Casella, Tammy Blanchard

Blue Jasmine is the film die-hard Woody Allen fans have been waiting for, thanks to a superb, pointed script and terrific performances from a wonderful ensemble cast, including a sure-to-be-Oscar-nominated central turn from Cate Blanchett



What's it all about?
Written and directed by Woody Allen, Blue Jasmine stars Cate Blanchett as Manhattan socialite Jasmine, who is forced to live with her working class sister Ginger (Sally Hawkins) in a run-down San Francisco neighbourhood after the collapse of a Ponzi scheme run by her wealthy husband Hal (Alec Baldwin) leaves her bankrupt, disgraced and friendless.

Still very much in denial, Jasmine clashes with Ginger's fiance Chili (Bobby Cannavale) and reluctantly takes a job with a smitten dentist (Michael Stuhlbarg) before things start to look up when she meets charming diplomat Dwight (Peter Sarsgaard). Meanwhile, flashbacks detail Jasmine's privileged life in New York before Hal was arrested, including a visit by Ginger and her then husband Augie (Andrew Dice Clay) who get suckered into Hal's investment opportunity.

The Good
Cate Blanchett is magnificent as Jasmine, delivering a powerful performance that will almost certainly land her an Oscar nomination, it's a testament to both Allen's script and Blanchett's skill in the role that the audience will find her both enormously irritating ("She just wouldn't stop blabbering about her life!" comments a woman who gets trapped next to her on the plane) and ultimately deeply moving – the wonderful final shot is heart-breaking.

Blue Jasmine's supporting cast are equally good, particularly Hawkins as cheerful, optimistic Ginger, who briefly allows Jasmine to cloud her thinking about Chili and starts seeing another man (Louis CK) instead, while Baldwin is perfectly cast as Bernie Madoff like Hal and Stuhlbarg is very funny as the besotted dentist in the role Allen probably would have played if he'd cast himself this time round.

The Great
Allen's script for Blue Jasmine is his best in years. In the past he's been accused of his characters speaking with a snobby pretentiousness and here he cleverly makes that one of Jasmine's biggest flaws, certainly he gets a lot of laughs out of her having to adjust to working class life in San Francisco. The script also makes some pointed and topical comments about the gulf between rich and poor, fantasy and reality – Ginger and Jasmine both lose everything as a result of Hal, yet Ginger stoically picks herself up and gets on with life, while Jasmine is essentially traumatised by it.

Worth seeing?
Blue Jasmine is an emotionally engaging and frequently funny comedy drama that arguably ranks with Allen's best work, thanks to a superb script and a magnificent central performance from Cate Blanchett. One of the best films of the year and likely to be recognised as such come Oscar time. Unmissable.

Sky Diary October 2013
By Peter Lattlejohn

There is a partial eclipse of the Moon from 22:48 on the 18 October with maximum shadow at 00:59 on the 19 October. The Moon enters the penumbral (outer & dimmest) part of the shadow so will only fade very slightly.

Mars rises in the ENE at about 01:30 and, as a guide it is close to the Moon on the 29 Oct & 30 Oct.

Jupiter rises before midnight and makes a brilliant object in the morning sky passing above the Moon on the 25 Oct. Good binoculars will show up to four of the giant planet's largest satellites or moons.

Uranus is just on the limit of naked eye visibility and almost due south around midnight in the constellation of Pisces.

The maximum of the [illegible] meteor shower is on the 13 Oct [illegible] rising at 21:00 and 03:00 respectively. The Orionid shower [illegible] peaks on the 21/22 Oct but interference from the Moon will wash out all but the brightest of the 30 or so an hour.

The Sun is a fairly stable star but, roughly every 11 years, it shows a lot of activity in the form of magnetic storms with lots of flares which eject material into space sending charged particles towards the Earth. This causes the amazing Aurora Borealis. We should be at solar maximum now but there have been just a few small [illegible] spots although there is still [illegible]

Planetarium Shows and Dates - October 2013

Sunday 13	3.30pm	Our Galaxy, the Milky Way
Friday 18	7.30pm	The Hunter's Moon
Sunday 20	3.30pm	Autumn Stars, Moon and Planets
Friday 25	7.30pm	Autumn Stars and Galaxies
Sunday 27	3.30pm	The Northern Lights
Monday 28	3.30pm	Autumn Stars and Galaxies
Tuesday 29	1.30pm	All Aboard – A Tour of the Planets
Tuesday 29	3.30pm	All Aboard – A Tour of the Planets
Wednesday 30	3.30pm	The Northern Lights
Thursday 31	3.30pm	Seven Wonders of the Solar System

Tickets: Adults £6.00, Children £4.00
Tickets are available to callers at the The Novium, Tower Street, Chichester.
Alternatively, please phone 01243 774400 or ticket hotline 07818 297292 to reserve your tickets. Payment by cash or cheque only, on the day.
A map showing our location can be found at: www.southdowns.org.uk

WIN 2 TICKETS AT CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION:

Q WOODY ALLEN COMES FROM WHICH BIG CITY?

A. NEW YORK
B. LONDON
C. PARIS

Send your answer and include your full name, address and a contact phone number to ***competition@chichesterherald.co.uk.*** One lucky winner will be selected at random. Closing time is Tuesday 8th October 2013 at midday. The winner will be notified later on that day.

- Last weeks winner is Sandra Beeny from Selsey

Chichester Herald competition terms and conditions apply.

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester
PO19 8EL 0871 200 2000

Acclaimed jazz vocalist, Sue McCreeth, set to return for one off Chichester performance

JAZZ VOCALIST Sue McCreeth will be performing at The Chapel of Ascension at the University of Chichester on Friday 25 October, at 7pm.

With three critically acclaimed albums to her name Sue McCreeth has been universally heralded by the UK press as one of the most original and inventive vocal talents around. A highly trained classical singer Sue has retained a very beautiful jazz tone in her voice over four octaves, a sound that audiences will be treated to through a host of timeless jazz classics with a swing and blues inflection.

In 2001, Sue's album '500 miles high the air is blue' became the subject of widespread plaudits in the national and music press. Sue toured the UK over a number of years, in 2004 her album 'Just for Luxury' won her further acclaim, touring and a London Jazz Festival performance in 2007.

Sue's Chichester visit forms part of a UK wide micro-tour preceded by two successful performances at Southport Jazz Festival and Lincoln Jazz Festival. The University of Chichester performance will see Sue joined by Tony Ormesher, winner of the Young Jazz Musician of the year award, on guitar, and Terry Pack, fresh from the Capital FM Love Supreme Festival, on bass.

Event details:

Venue: Chapel of the Ascension, University of Chichester, College Lane, PO19 6PE, Friday 25 October at 7pm-9pm.

Cost: £5/£3 concessions (free for university students and staff)

To book/Pre-book your tickets at www.chi ac.uk/events

www.suemccreeth.com

WIN A MEAL FOR TWO AT THE SHIP HOTEL

WHERE AM I?

Chichester Herald, in partnership with Chichester's Ship Hotel, is giving away a fabulous meal for two people – every week!

The Chichester Herald will be running a 'Where am I?' photo competition sponsored by the Ship Hotel in North Street, Chichester every week where you have to guess the location of the photo.

For your chance to win this amazing prize for two people please answer the following photo question:

Can you guess where this picture was taken within the Chichester area?

For your chance to win the week's competition, email your answer, name, address and contact number to **news@theshiphotel.net**

Last week's answer was: Goodwood Park, Midhurst.

the ship
Hotel, Bar & Restaurant

North Street, Chichester, West Sussex PO19 1NH
Tel: +44 (0)1234 778000 Email: enquiries@theshiphotel.net

Entries close on Wednesday 9 October 2013 at midday. The competition is for one winner with a prize of a meal for two of the Hotel's popular 'The Ships Plank'. The Ships Plank now consists of Soup shot, crispy fried duck egg with brioche fingers, orient-al duck salad, Ships cottage pie, parma ham and bresaola, whitebait, mini burger, chicken terrine, king prawn & cherry tomato skewers and onion rings. There is no cash alternative. A winner will be announced by the Ship Hotel every Wednesday. Entry details may be kept on file.

Photography by
Tel: 01243 773297
Mobile: 07983548459
www.rebekahgracephotography.co.uk
Rebekah Grace PHOTOGRAPHY

WHAT'S ON in your area...

• The Friends of St Richards Hospital will be holding a 'Spirit of Winter Fayre' at Great Ballard School, Eartham, on 25th October 2013 from 10.30am - 2pm.

A large variety of Xmas and general gifts will be on sale together with produce from local suppliers. Refreshments will be available.

At 5pm Andy, the owner of Hallidays Restaurant at Funtington, will be giving a cookery demonstration to add some bite to the Christmas Table.

All Monies raised will go to the New Eye Unit at St Richards Hospital. For any further information please ring the Friends Office on 01243 831943.

• Do you like to knit, sew or crochet or would you like to start? A new 'Knit & Natter' group has started at Selsey Library. Beginners and experts are all welcome so why not join in the fun – you might even learn a few tips along the way.

The next meeting will be held on Tuesday 15 October. The group will then meet every fortnight from 2pm to 3pm. There is no need to book in advance.

Find out more by contacting Selsey Library on 01243 602096 or by visiting the branch in School Lane, Selsey, PO20 9EH.

• Chichester Art Society's popular workshops continue with 'Confident Drawing For All' tutored by local artist Lyn Marie Whiteman. Starting with pencil and charcoal Lyn will help you learn how to draw and develop your own style. Group size is limited to 15 to ensure personal attention.

The sessions continue to run on October 10th from 10am - 2pm at Bassil Shippam Centre, Tozer Way, St Pancras, Chichester.

Non-members can enrol at £30 per session or £115 for all four. For more details contact the Secretary on 01243 602360 or email jean campbell@zen.co.uk

• A plethora of Midhurst local artists and craftspeople 'Handy and Divine' will be exhibiting handmade art and goods at the Wilson Suite, Oxmarket Gallery in Chichester from 1st - 13th October 2013 (Tuesdays to Sundays 10am - 4.30pm).

• Autumn Production – 'The Thirty Nine Steps' – 26th to 30th November. The Thirty-Nine Steps – but not as you know it. Based upon Hitchcock's iconic film, this adaptation of John Buchan's spy thriller by Patrick Barlow (from an original concept by Simon Corbel and Nobby Dimon and by arrangement with Edward Snape for Fiery Angel Ltd) is both a ripping yarn and hilarious comedy. Due to the play's huge popularity Funtington Players have added a Saturday matinee to the usual evening performances of Tuesday to Saturday inclusive.

Tickets will be £9 each and will be available by visiting www.ticketsource.co.uk/funtingtonplayers, the Funtington Players website at www.funtingtonplayers.org.uk by telephoning the Box Office at 07565 464271 or by post by sending a cheque to the Box Office at The Old School Hall, Mill Road, West Ashling, Chichester PO18 8EA (SAE please).

• The first major fireworks event of the fireworks season on the South Coast will take place on Saturday 12th October in Selsey, West Sussex.

The location is the Bunn Leisure White Horse Playing Field just off Warners Lane, Selsey.

The gates will be open at 5.30pm, live music from 6.30pm, Bonfire at 7.45pm and the fireworks from about 8.30pm.

There are 9 ticket outlets already selling tickets in Selsey, Hunston, East Wittering and Chichester. Entrance on the gate is just £4.00 per accompanied Child and £5.00 per adult. These prices have now been held for 6 years. Tickets bought in advance are discounted and also a Family Ticket is available only in advance.

The event has over the last 35 years raised approximately £200,000 for local charities and good causes. It is run by volunteers and is a non profit making organisation.

For more details visit the website www.selseyfireworks.co.uk or call 01243 601300.

The first major fireworks event of the season on the South Coast will take place on Saturday 12th October in Selsey

If you would like a non-profit or profit to charity event listed then send 70 words to events@chichesterherald.co.uk. All listings are subject to change without notice and mentioned here as supplied and in good faith. Chichester Herald cannot be held responsible for any changes occurring after publication.

Food & Drink

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Decadent dining with an Italian twist

For great Italian-infused dishes and quality you can bank on

WALK UP the grand stone steps into Marco at Number 1 North Street and you are welcomed by a team of friendly staff, passionate about the fine food and drink they serve. The owner, Marco, has taken great care with every aspect of the restaurant offering a truly unique and decadent dining experience that is really quite different from any other restaurant in town.

Built in the 1760's, the building was once a bank, of which the only apparent legacy is the safe in the cellar which has now been converted into a truly unique ladies loo.

Passionate about his food and dedicated to customer service, Marco has used his wealth of knowledge and experience to create a luxurious dining atmosphere to relax and enjoy quality, local food. Not only does he personally monitor the local sourcing of ingredients, he also designed the restaurant decor and Italian accented menu which draws crowds from London and beyond. Rotated every 4-5 weeks to offer the best variety of seasonal foods available, the menu features vegetables and salad greens from Midhurst; herbs are sourced from a grower near the town centre and most seafood is caught locally off Selsey by Marco and his team using their very own fishing boat.

The menu is imaginative, varied and very unique from its neighbouring eateries. Marco and his staff, of talented chefs and bar staff, offer adventurous dishes and creative cocktails to compliment each and every dish. Even the smooth and fruity French house red is delicious, carefully selected and very reasonably priced.

The fresh prawn starter features locally caught shellfish boiled in fresh seawater within minutes of being caught to preserve their delicate flavour and meaty texture.

The duo of duck is a mouth-watering marriage of spicy shredded duck, duck breast and seasonal vegetables with a sweet and tangy accompanying jus. The Selsey crab risotto is brimming with large chunks of crab meat, peppery rocket garnish, fresh parmesan shavings and topped with a large and succulent scallop which is cooked to perfection and lightly seasoned with cracked black pepper.

Puddings are a culmination of seasonal ingredients and Italian favourites by Marco. The Tiramisu is very unique offering a subtle, rich and creamy take on the Italian classic. Although the recipe is top secret, the result is delicious served in a cocktail glass dusted with rich cocoa powder and finished with amaretti biscuits. There is a wide choice of dessert wines and dessert cocktails to accompany each dish. Cocktails can also be made on request with only superior spirit brands used to offer the finest cocktails. The experienced bar man, Owen, invented a delicate and fruity almond-based cocktail on the night to compliment the Tiramisu, which is yet to be named but definitely worth sampling.

To finish, Marco offers customers a taste of his very own home made limoncello after dessert. It truly is a must and a perfect digestif to finish off an outstanding mixture of flavours. A personal touch that not only puts shop-bought limoncello to shame, but adds to the dining experience that awaits you at Marco.

We'll certainly be going back to try the signature dish, Tornado Rossi, which features prime fillet steak accented with local ingredients and returns to the menu in the next week or so.

As well as fine dining and superior cocktails, Marco also caters for parties, daily half price cocktails from 4-7pm, pre and post theatre menus, summer wine tasting, reasonably priced set menus, free wifi and a heated terrace.

Book your table now to experience the unique and superior dining experience that is Marco.

www.marco-no1.co.uk
Tel: 01243 774204
info@marco-no1.co.uk
1, Northgate House, Chichester, West Sussex PO19 1AR

FOOD AND RESTAURANT REVIEW

Portion size: Perfect
Service: Friendly, welcoming and efficient
Value for Money: High quality local food, honestly priced
Ambiance: Soft lighting and chilled music. Perfect for intimate dining and special occasions as well as pre-theatre, quick dinners and cocktails after work.

Quote Chichester Hereld when you book end get e bottle of fizz for each teble
Christmas Party Nights at CHICHESTER GOLF CLUB
The perfect venue for a great night out!
Enjoy an excellent 3-course homecooked meal and disco with dancing until midnight.
Book for a small group or hire the room exclusively for up to 60 people.
Plenty of free parking on site and only two miles outside Chichester.
Rates
£24.95—Thursday nights or £31.95—Friday & Saturday nights
For more information or to make a booking please contact Katie Scopes on 01243 536666
or email katie.scopes@chichestergolf.com
Hunston Village, Chichester, West Sussex, PO20 1AX
"Remember to quote Chichester Herald for your free fizz!!"

Reservations
01243 77800
christmas@theshiphotel.net

Christmas
at The Ship Hotel Chichester

Celebrate Christmas 2013 with your work colleagues, family or friends at the fabulous Ship Hotel Chichester

Please call us for Christmas party nights, Christmas private dining, Christmas Day & New Years Eve banquets, accommodation packages and boxing day brunch

The Ship's Christmas Party Menu

(Full A La Carte menu is also available during December)

Christmas Party nights are every Thursday Friday and Saturday from 30th November to 21st December

Starters

Herbed vegetable and whitebean soup

Smoked salmon roulade, copaccio of beetroot and vodka creme fraiche

Clementine, feta, kalamata olive and fennel salad

Chicken and shiitake mushroom pate, kumquat marmolade, rustic bread

Mains

Slow cooked lamb fillet, potato mousseline, saffron and shallot puree

Roast turkey, pigs in blankets, roast potatoes and cranberry sauce

Oven baked bream, basil and sun blushed tomato crumb, crushed new potatoes and pesto dressing

Griddled halloumi with lentils, cous cous and festive spiced seeds

All main courses are served with cauliflower cheese and vegetable puree

Desserts

Christmas pudding and brandy sauce

Lemon and lime tart with limoncello

Chocolate and kirsch mousse

Mango and pomegranate pavlova

Stilton with biscuits and port chutney

Christmas Day, Boxing Day & New Years Eve menus available

£35 per person for Christmas Party Nights
£27.50 per person for lunch & dinner
£55 per person for private dining

The Ship Hotel, North Street, Chichester, West Sussex PO19 1NH
Tel: +44 (0)1243 778000 Email: christmas@theshiphotel.net

It is possible to get rid of pain and inflammation?

Denise Kelly

People all over the UK are living with pain that may not be necessary. As you may know, chronic inflammation is linked to many diseases including, rheumatoid arthritis, diabetes, IBS, heart disease and even some cancers. We don't have to resign ourselves to thinking its a natural part of our life cycle. It's NOT normal, in fact, it is most often caused by poor food choices and stressful lifestyles which are accelerating the ageing process and the onset of many health concerns associated with it. My biggest issue at the moment is why is this very simple advice is not always mentioned when seeing a medical practitioner. Medication is not always the answer and does not always give the results that you desire, therefore spending some time to investigate what makes a healthier lifestyle should surly be the first option?

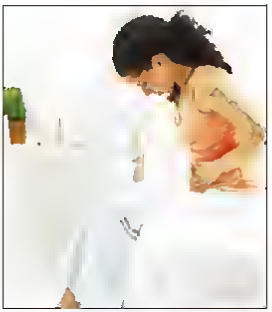
When we experience physical symptoms associated with inflammation, eg, swollen joints, psoriasis etc there is also an internal reaction taking place. The body's immune system is in overdrive and this can cause tiredness, aches and pains, amongst other symptoms. We regularly see in the press, details of the latest wonder cure, however, a good starting point is to look at our diet and simplify it. It is unlikely that improvement will be possible whilst still eating a less than healthy diet. By eliminating the additives that wreak havoc on our bodies and nourishing ourselves with natural foods we give our body the nutrients it needs to begin the healing process.

By choosing whole foods, which your body can easily digest and metabolize, a natural detoxing process will begin to take place. Some of nature's specific foods with anti inflammatory properties include, cherries, pineapple, papaya, blueberries, ginger, avocado, turmeric, chia, walnuts and hemp. These can easily be incorporated into your daily diet in smoothies and juices etc. It is also vital to find healthy ways to de-stress that can be practiced regularly. This could be yoga, walking in nature, watching a comedy, whatever works for you. An over-stressed body will not be receptive to digesting and assimilating the healthy nutrients you are consuming. There is also now research showing the connection between mind and body and how every thought and emotion we feel is translated by the brain and transferred to the cells of our bodies. So we actually need to stay as positive as we can for each and every cell to stay as healthy as possible.

The rules are... keep it simple and natural, eating foods in their most natural state gives the maximum nutrients in an easily assimilated form. Let go of any limiting beliefs, get yourself a blender and start nourishing your body. Don't let your illness rule you. Flip it on its head and gain the energy you have always wanted! Take back control of your health.

For a full consultation and Asyra Medical Test with Denise and to find out just what's going on in your body, please contact her on info@denisekelly.co.uk or 01243 528040

Denise Kelly is a BANT (British association of Nutritional



therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex.

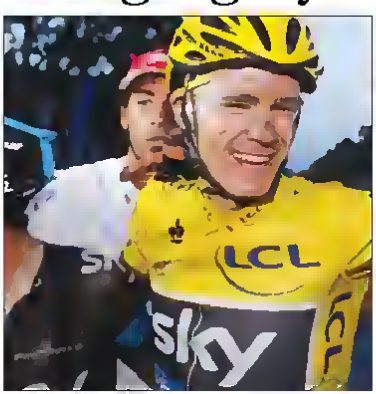
Valerian Root relaxes pain

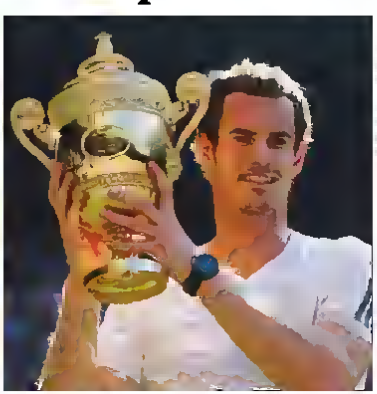
Often called nature's tranquilizer, valerian has been used for centuries to regulate the nervous system and relieve insomnia, tension, irritability, stress, and anxiety. Valerian is also a natural pain reliever that reduces sensitivity of the nerves. Try a cup of valerian tea the next time you're in need of pain relief!

Britain's sporting legacy will help local talent

ANDY MURRAY beating off the expected winners at Wimbledon has seen the nation basking in sporting glory. With so much focus on the achievements of British sporting talent and athletes becoming the new modern role model it is time to invest in upcoming talent. The UK's largest healthcare charity, Nuffield Health, is doing just that with its national Athlete in Residence programme. The free 12-month membership programme is available at all 95 Nuffield Health Fitness & Wellbeing Centres across the UK.

The last 18 months have been a victorious triumph for British sport and its many athletes. Having led a successful Olympic games- securing no less than 29 Gold Medals and witnessed Bradley Wiggins ride to triumph at the Tour de France the nation is on a sporting high. It is these achievements and the successes of the nation's athletes that have created a legacy of support and encouragement for aspiring sports men and women across the nation.





Andy Murray and Chris Froome were [illegible] British sporting winners this year. Inspiring the nation to get into sport and fitness

After the success of the 2012 programme, each Nuffield Health Fitness & Wellbeing Centre will choose one local sports person to become their Athlete in Residence for the coming year. Selected participants will benefit from one year free membership including two free sessions with a personal trainer and regular health MOTs. The Health MOT is unique to Nuffield Health Fitness & Wellbeing Centres and is delivered by trained wellbeing advisors who use the information gathered by the comprehensive health measurements to create individual exercise programmes which positively impact overall health and wellbeing.

The Athlete in Residence programme is open to anyone who regularly participates in sport, from rising stars to medal winners, aged 16 years and above.

Rick Crawford, fitness and wellbeing programme manager, Nuffield Health, says: "The legacy created by the 2012 Olympics and the nations continued sporting successes provides a fantastic opportunity to invest in local sporting talent. Our Athlete in Residence programme is a great way for us to share the expertise of our health and fitness professionals with local sports men and women whilst providing them with the resources they need to achieve their dreams. We're really pleased to be able to offer this opportunity a second time and look forward to working with some of Britain's up and coming local talent."

Entries are now open and people are invited to demonstrate their passion for their sport and how becoming a member of their local Nuffield Health Fitness and Wellbeing Centre could help them to improve their performance. A series of short questions and an opportunity to describe your sporting interest are included in the application form, which can be collected from your Nuffield Health Fitness & Wellbeing Centre.

Please contact your local Fitness and Wellbeing Centre direct for correct deadline information. A panel of health and fitness experts will select an Athlete in Residence in by Friday, 12th October and the successful athlete will be announced later in October.

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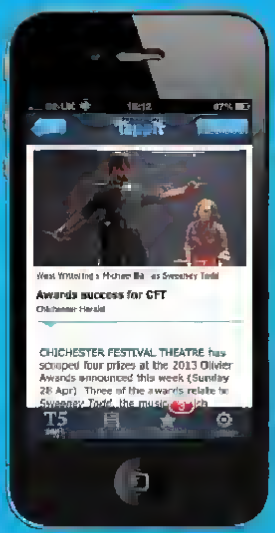

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Debenbams celebrates 200 year anniversary with Limited Edition Collection

DEBENHAMS will celebrate its 200 year anniversary this year with a unique and exclusive Limited Edition Collection from its Designers at Debenhams

One of the best known names in retail, Debenhams has 240 stores across 28 countries Debenhams invented the designer collaboration concept and now has a stable of 32 internationally renowned designers and is set to celebrate 21 years of Designers at Debenhams next year.

Debenhams Chief Executive Michael Sharp says: "We are delighted to be celebrating 200 years as one of the best loved retailers and feel privileged to have been serving the public for two centuries."

The Limited Edition Collection of glamorous dresses, beautiful coats and luxurious leather accessories from fashion week's favourites will allow customers to own a piece of retail history.

The collection is due to launch in October, but its waiting list, opening today, will allow customers to pre-order pieces from Britain's top designers.

More men than women admit to lying about their age

IT'S USUALLY women who are expected to be sensitive about getting older, but new research has revealed men are more likely than women to tell white lies about their age.

Women's car insurance specialist, Diamond, which celebrates its 16th birthday this year, surveyed 2,000 men and women about how they celebrate their birthdays and discovered men are more likely to lie about their age than women. One in ten of the men questioned said they have lied about how old they are on their birthday, compared to one in fourteen women.

The study also surprisingly showed that we're less likely to lie about our age the older we get. Men and women aged over 45 are the least likely to lie about their age, whilst those aged 25 to 35 are the most likely to.

Similar numbers of men (9%) and women (8%) have also asked friends and family not to mention their real age on their birthday because they felt too old. Despite being the youngest age group polled, more 18-24 year olds said they've insisted on this, the highest out of any of the age groups questioned.

Diamond's managing director, Dave Halliday said, "Getting older is a touchy subject for many of us but it did come as a surprise that it's us men who are more likely to tell fibs about our age on our birthday. And no, I'm not going to tell you how old I am!"

For seven out of ten people, birthdays become less important as they get older, and when it comes to celebrating our own birthdays, many of us just don't bother.

Over a quarter (28%) of those questioned said they don't do anything on their birthday, whilst half said they just do something small. 15% said they always make sure they do something special every year and 7% of people just celebrate their 'big' birthdays.

But just because many men and women don't want to celebrate, this doesn't mean they don't want their loved one to make a fuss. 50% said they would prefer it if no one made a fuss of their birthday however almost one in five (19%) have claimed they didn't want a fuss made but have been disappointed when no one did.

Again, there's a marked difference between the genders. Three out of five men compared to two out of five women would rather no one made a fuss, but three out of five women compared to almost one out of five men said they would be disappointed if no one actually made a fuss.

Dave Halliday continued, "The results certainly show it's a bit of minefield when it comes to knowing if a loved one wants you to make a fuss on their birthday. My advice would be to err on the side of caution and do at least a little something for them. We may say we don't want a fuss but generally we don't mean it."

Even if you would rather not celebrate your own birthday, you can help Diamond celebrate its special day and you could win a car! To win a SEAT Mii and £500 New Look vouchers just visit diamond-roadtrip.co.uk and tell Diamond about your perfect road trip.

Horoscopes

Aries *21 March – 20 April*

You or someone very close to you may have a secret that is about to go public. Although this is not what you want you should be prepared for the fall out. This may turn out to be a blessing in the long run. You will be making practical changes this week, re-jig the office desk or wardrobe.

Horoscopes from Kimi
4th – 10th October

Taurus *21 April – 21 May*

This should be a very engaging, fun packed and energetic week for you Taurus. You think outside of the box when it comes to work related projects and guess what your originality is making waves. You may be invited to some bohemian venues or meet with some unconventional characters that will do much to fuel your creativity.

Gemini *22 May – 21 June*

There's lots of change at work and you could be finding this difficult to cope with and as a consequence you may have mild paranoia in terms of your colleague's intentions. They need you on board and trust me they want you too. Good week for doing some gym work, this will clear the mind and burn off some calories!

Cancer *22 June – 22 July*

It's all about words! You could be engaged in some sort of creative writing, editing a piece for the parish magazine, composing a poem or making a simple declaration of love. If you pour your heart into this venture it will be well received. Travel is on the agenda but this will be work related rather than leisure.

Leo *23 July – 22 Aug*

Need to be a little cautious this week if you are dealing with property or money matters. Someone may not be giving you the full picture. So before you sign anything check out the small print. All other areas of your life are well favoured if you learn to manage your environment and not let it manage you!

Virgo *23 Aug – 23 Sept*

Things are looking pretty rosy on the financial front. The money may come from a dividend, profit from a house sale but it's much more likely to come from work related projects. You've some big decisions to make pretty soon that may involve a relocation or career move. Time to rethink your relationships in light of this change!

Libra *24 Sept – 23 Oct*

Things should still be moving forwards on the romantic front but you may need to give them a bit of a kick start. How about that long awaited romantic break. Mingle a bit of bar hopping at the weekend might have the desired effect. Fashion and change are forecast so bring on the makeover, hair, beauty or clothes!

Scorpio *24 Oct – 22 Nov*

You may be working on projects involving children or young people or you could be experiencing difficulties with someone young who is close to you. In either case try to step back and remember what it was like to be that age and you will better deal the issues at hand. Remember flowers need light and space to grow!

Sagittarius *23 Nov – 21 Dec*

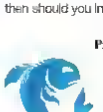
It's pretty certain that you'll be forced into some sort of position of control this week and how you play it is down to you. Are you the ringleader or manager? Only you can decide. But remember all eyes are on you and what you do now. This could impact on your career or relationships for some time to come.

Capricorn *22 Dec – 20 Jan*

You may be asked to give a conference talk or chair an unscheduled meeting. This is your chance to shine so don't blow it. Try to take things in your stride and remember if you want to climb the corporate ladder you should expect the unexpected. Good week for socializing with friends and a bit of harmless flirtation.

Aquarius *21 Jan – 19 Feb*

You know what you should be doing this week, but don't want to hear it. Whatever the temptation to party, get your house in order first. By that I actually mean physically. Time to sort out the paperwork, clear out the wardrobe, garage or loft and breathe new life into your home. Only then should you indulge your hedonistic side.



Pisces *20 Feb – 20 March*

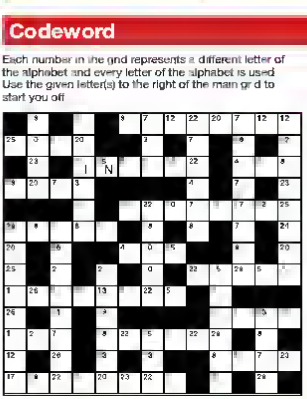
You have always been a bit of a beacon to your friends and colleagues. Others usually look to you for inspiration and guidance and you are only too willing to give it. But a word of caution you have been facing some difficult emotional challenges of late don't let those issues cloud your judgment on property or financial matters.

Brain Gym

No.138

Codeword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off.



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25	
26	N

Last week's solutions

1	2	3	4	5	6	7	8	9	10	11	12	13
J	S	M	H	I	X	E	O	W	P	N	L	K
A	T	Z	F	R	V	Q	O	Y	B	U	C	G

Wordsquare

S	A	T
A	B	R
D	O	R

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in s are permitted. There is one 9-letter word to be found.

How you rate

15 words - average,
20 words - good
25 words - very good;
30 or more - excellent.

Last week's solutions:

above aver bare, bear beau, behavour boer brave bras, brave bare have haver hear, her herb, here hire hive have hover river rave, rhea, rive robe, rove urea verb vibs, vier vreo

Double Crossword

Choose either quick or cryptic clues.

Cryptic Clues:

Across

1. It shows the pressure we're under (9)
8. Make second-hand (3)
9. What a motoring school is expected to do for the fireman's boss (5,6)
11. Made run perhaps being defenceless (7)
12. Work to rule? (5)
13. Threaten to give me the cane somehow (5)
15. Article in the van (6)
17. Speeds regulated by local authorities (5)
18. Those who inherit are bound to (7)
20. Not a reasonable way to act (11)
22. Wood used in model making (3)
23. He should be a good miner (9)

Down

2. A number smaller than two? (3)
3. A note for the chemist (5)
4. Dolphin I get in traffic (8)
5. A dream I think a lot about (7)
6. A case of galloping consumption? (7,4)
7. Observing a communist and becoming angry (6,3)
10. In such space do you have a minute adversary? (7,4)
11. Not a member of a union? (9)
14. The actors went in front and changed positions on board (7)
16. A wrong guess about customs (6)
19. A number yearn to find this hiding place (5)
21. Not the true post on (3)

Quick Clues:

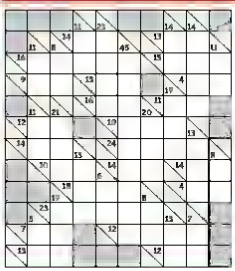
Across

1. Fleeting (9)
8. Be in debt to (3)
9. Demolition (11)
11. Act of contrition (7)
12. Perfect (5)
13. Stirred up (5)
15. Assert (6)
17. Rub out (5)
18. Brave (7)
20. Lying between (11)
22. Deaf (3)
23. Release (9)

Down

2. Regret (3)
3. Tempt ess (5)
4. Shun (6)
5. Trifling (7)
6. Ally (11)
7. Remember (9)
10. Oddity (11)
11. Eternal (9)
14. Bu it (7)
15. Turns aside (6)
16. Get to know (5)
21. Constantly find fault with (3)

Kakuro



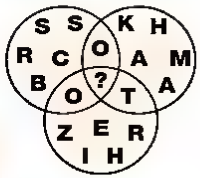
Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block.

Last week's solutions:

Scribble pad

Circlegram

Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words, and the letter represented by the question mark?



Last week's solutions

The letter represented by the question mark is U. Shotput, hurdles, longjump - all athletic events.

Alphamuddle

Rearrange the letters in the grid to make five words that read both across and down. Five letters have been placed to start you off.

	L				
		A			
D					
					T
			T		

A

S	T	E	V	E
D	R	A	L	D
V	O	N	E	S
E	T	A	S	E
R	E	L	L	E

B

Last week's solutions

Frogs Revel Ovine, Genre Sleet.

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9.

Last week's solutions > From top to bottom: Simple, Intermediate, Difficult

Simple

		5		1				9
8			9		6		5	3
	7		5				1	
		6	8	5			2	
1		4		2		3		
	2			4	3	1		5
	8				5		9	
5		1	3		7			6
4				9		5	3	

Intermediate

6			3		1		8	
	3			8				1
1	8				5	2		
4			1			9	6	
8			6		3			5
		1			8			7
	1		4				3	6
2			5				1	
	5				6			2

Difficult

		5	2		3			1
	2						3	
3					7	8		
		7					6	
2			3		1			7
	3					9		
		9	8					6
	5						9	
8			1		2	4		

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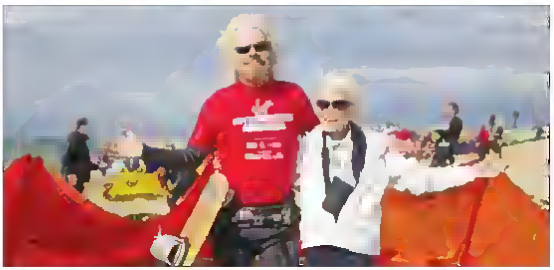
On the water

ALL THE LATEST WATER SPORTS NEWS IN CHICHESTER

Richard Branson pops into Pagham on record attempt



Sir Richard with Bill Turner during the record breaking kitesurf

SIR RICHARD and The Virgin Kitesurf Armada of 318 kitesurfers set a new World Record on Hayling Island for the largest number of kitesurfers to complete a one-mile course, and raised money for a collection of charities, Virgin Unite, Snow Camp and The RNLI

The Armada set off from Hayling Island beach. After the one-mile record-breaking mark most of the participants then kitesurfed further down the coast on a 46 mile journey towards Lancing, stopping off at Pagham and Littlehampton until the Kitesurf Armada's official finish line in Lancing.

Sir Richard Branson, who in 2012 achieved the Guinness World Record for the oldest person to cross the English Channel, has added another record to his eclectic collection.

Others in the Virgin team include four-time kite race world champion Steph Bridge, the current men's kite race European Champion and youth world champion, Olly Bridge, four-time British kite champion Lewis Crathern and other members of the Branson family who participated in the event.

All donations for the Virgin Kitesurfing Armada will go to three fantastic charities – Virgin Unite, Snow-Camp and the RNLI. The Virgin Kitesurfing Armada marks the beginning of a five year partnership with Virgin and the youth charity Snow Camp – an innovative charity that uses a unique combination of skiing, snowboarding and life-skills programmes to support inner-city young people.

Writing in his blog, Sir Richard said: "318 of us took to the water from Hayling Island in the first event of its kind for this fantastic sport. It was a real spectacle.

"Having broken the world record for the oldest person to kite surf across the Channel last year, and been no stranger to world record attempts over the years, it was wonderful to break another record as part of such a brilliant team.

"We arrived in Hayling Island in picturesque conditions, a sunny morning rising out of the fog before the wind picked up at just the right time for us to begin kitesurfing. It goes to show luck plays a big role in any adventure like this.

"The team spirit was summed up by kitesurfers of all abilities getting involved – from a guy dressed up as yours truly with a blow-up doll on his back, to four-time kite race world champion Steph Bridge, the current men's kite race European Champion and youth world champion, Olly Bridge and four-time British kite champion Lewis Crathern. It was a real team effort from everyone.

"My mum Eve, who is enjoying her 90th year, was on the beach cheering us on. Having been on plenty of adventures herself, it was lovely to share another exciting challenge with her today. She also has an Honorary President role with the RNLI – one of three wonderful charities all donations are going to support, alongside Virgin Unite and youth charity Snow-Camp.

"We set a world record with our first attempt, and have signed a five year partnership with Snow-Camp. We will return next year and plan to build a weekend kitesurfing festival together. Who knows what records we could break in 2014!"

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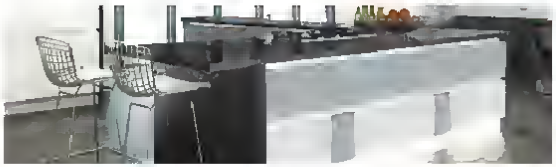
Nowadays moving home may be out of the question



SO WHYNOT upgrade and upsize your property instead? People are staying in their homes much longer, according to recent reports. A stagnant property market and punitive stamp duty mean that most householders live in their present homes for 29 years, compared to just 14 previously. The average first home buyer will now have to wait until they are over 42, before they can afford to buy their next house. Even retired couples are realising that downsizing to a smaller property is not always simple, stress-free and financially beneficial – and there's also the emotional pain of scaling back.

Four of the main reasons people give for moving home are to enjoy more space, upgrade their surroundings, change their lifestyle and give themselves a property renovation project. Yet many are realising that these goals can be attained by upgrading and upsizing their current property, through selective home improvements and building extensions.

Home makeover specialists, Granite Transformations, offer a whole selection of top-class materials for refacing walls, floors, kitchen worktops, bathrooms and other tired surfaces and carry out all the work themselves, with minimal dust, debris and disruption. Here then are their top tips for upgrading and upsizing.

Cover up countertops – tough, slimline granite, quartz and recycled glass agglomerate surfaces will fit right over your existing kitchen worktops, bathroom countertops and vanity units, giving them a whole new lease of life in a choice of around 50 colours and bringing them up-to-date with stylish chunky edges and waterfall ends.

Ditch cabinet doors – kitchen and bathroom cabinet doors and drawer fronts take a lot of punishment, but they can be easily removed and upgraded with new made-to-measure replacement doors in wood effects, high gloss acrylics or cool metallic, instantly updating the décor.

Titivate those tiles – if you're tired of those old ceramic or terracotta wall tiles, cover them up with beautiful, sparkling glass mosaics, mounted on a flexible polyethylene mattress that fits easily over tiled surfaces, ironing out imperfections and producing a classy finish.

Explore an extension – most kitchens are at the back of the home with an external wall, so if you have enough outside space, an extension is often financially viable, fit it out with hard flooring to bridge old and new areas, reface the existing kitchen units and install a breakfast bar or island unit to bring the whole look up to date.

Consider a kitchen-diner – few of us sit down to eat in a dining room anymore, so if the downstairs layout allows, create a spacious kitchen-diner by knocking two rooms together, creating an open space where cooking, informal eating, TV watching and socialising can all happen, with a makeover of your old kitchen layout and some new storage units to set the style.

Utilise a utility – a utility or laundry room needn't be an untidy glory hole, but an extension of your kitchen decor, with matched hard flooring, a run of storage cabinets with good looking countertops, a built-in microwave oven, appliances concealed behind cabinet doors, and a second sink unit, adding value to the property.

Do up the décor – colour fashion trends change about every five or six years, so redecorate with the hottest paint shades, soft furnishings and wallcoverings or splash out on glass mosaic wallpaper on a roll for a truly upscale light reflective finish, explore your creativity too with paintable vinyl cabinet doors for hand or spray painting.

Walk in wet room – convert a small shower or unwanted spare room into a super stylish walk-in wet room, which dispenses with a shower screen and tray and features a fully lined wet area, use large granite, quartz or recycled glass slabs to create a virtually seamless floor to-ceiling waterproof interior finish and an upscale appearance.

Boutique a bedroom – copy those fashionable boutique hotels by installing a boxed-in or rolltop bath prominently in a large bedroom, using minimalist agglomerate finishes or mosaic tiles for bath panels and backsplashes, perhaps you could complement this with luxurious his'n'hers wash basins in a converted en suite bathroom.

Chic up the shed – transform an old shed, faded summerhouse or new garden building into a home office, reading room or chill-out area, with custom-made desks, a smart fitted kitchen, bar area and cloakroom, using flexible, hardwearing agglomerate sheets, standard base units and click-together floor planks.

Granite Transformations deal direct with the public and have home improvement showrooms across the country, where their helpful design consultants will advise on many aspects of property upgrading, upscaling and upsizing. For the nearest showroom or a full colour brochure, visit granitetransformations.co.uk.

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ALDWICK **£227,500**

A well presented two bedroom first floor apartment situated in a private marine estate with 150 yards of the gated access to the beach. G.F.H. u.P.V.C. dble glazing. attractive living room combining tha lounge & kitchen w.th doors to South facing balcony-bathroom. allocated parking. South facing communal gardens. NO FORWARD CHAIN. EPC RATING. B

ALDWICK **£675,000**

Spacious & interesting attached property situated in a small private marina estate with access to the beach. The property which would benefit from some refurbishment comprises the West wing of approx half of the original detached house. G.F.H. & solar panels. majority dble glazing. impressive dual aspect open plan living rm plus separate dining area. sun rm, kitchen/breakfast area, shower rm. first floor reception rm. first floor kitchenette. master bed with en suite shower rm. 2 further bedrms, bath rm, dble garage and gardens laid gdns with access to a small copse which is collectively owned by the residents. EPC RATING. E Further 3 bedroom adjoining flat/annexe now available. EPC RATING. D

COLTS BAY **£397,500**

A detached bungalow situated in a cul-de-sac of the Colts Bay private estate approx two hundred yards from local shops & five hundred yards from the beach. G.F.H. u.P.V.C. double glazing. a fitted kitchen/breakfast room. a lounge. a dining room. a master bedroom with en suite bathroom. a second bedroom. a second bathroom. a detached double garage and a South West facing rear garden. EPC RATING. D

ROSE GREEN **£315,000**

An attached house situated in a residential development with in 400 yards of Rose Green schools, shops and doctors are located a little further to the East. G.F.H. u.P.V.C. d/glazing. cloakroom. lounge. kitchen/dining room. delightful conservatory. master bedroom with an suite shower room. three further bedrooms. bathroom. detached single garage and an easily maintained South West facing garden. EPC RATING. C

ALDWICK BAY ESTATE **£269,950**

A ground floor flat situated in a small development in private marina estate approx 150 yards from the private beach. The property has been made the subject of a programme of refurbishment and modernisation and includes g.f.h. u.P.V.C. dble glazing, dual aspect living room with doors opening to the West facing area of garden. fitted kitchen & bathrm. three bedrooms. garage and the use of the South facing communal gardens. EPC RATING. C

ALDWICK **£157,500**

A three bedroom maisonette situated in an excellent residential location within 300 yards of the beach. The property has g.f.h. dble glazing. dual aspect lounge. kitchen/dining room. first floor bedroom. a second floor bedroom with access to a balcony. a further second floor bedroom with separate w.c. EPC Rating. E

ALDWICK **£149,950**

A one bedroom close care apartment in the grounds of the Royal Bay care home. purpose built to be elderly user friendly with many safety features and the availability of any level of assistance from the care home. gas c.h. double glazed. t.v.ng room. kitchen. bedroom. bathroom. personal patio area. EPC rating C

House price growth accelerates in September

UK house prices increased by 0.9% in September and were 5.0% higher than September 2012, according to the Nationwide House Price Index.

Commenting on the figures, Robert Gardner, Nationwide's Chief Economist, said: "UK house price growth accelerated in September, rising by 0.9% over the month. As a result, the annual rate of house price growth rose to 5%, the strongest pace since July 2010. There are also signs that the pickup is becoming increasingly broad based. For the first time since 2007, all thirteen UK regions experienced annual house price growth in the third quarter of 2013. However, the southern regions of England continued to see the strongest rates of growth – especially London, where the annual rate of growth reached double digits in the three months to September.

The gap between house prices in the North and the South of England reached a new high in Q3, rising above £100,000 for the first time. The typical property price in the South of England is now 74% above its Northern equivalent.

"The acceleration in house price growth from the subdued pace prevailing throughout 2011 and 2012 has been surprisingly quick, though house prices are still some way below their previous peaks in most parts of the country. Overall, UK house prices are still around 8% below their 2007 highs. However, there is still significant regional variation, with prices in Scotland, Wales and the North of England around 12% to 14% below their previous peaks, while in many southern regions prices are 5% to 7% lower. Only in London are prices at an all time high, 8% above the previous peak."

First-time buyers winning the space race

A LEADING regional house builder says first-time buyers are increasingly demanding more building for their bucks – and are using a new Government scheme to help them win the property space race.

Persimmon Homes West Yorkshire says sales of its new homes have soared 25 per cent in the past 12 months as the housing market begins to shake off the recession.

And the builder says people buying for the first time are snapping up larger homes than their predecessors to leapfrog the first few rungs of the property ladder.

Simon Whalley, Persimmon Homes West Yorkshire sales director, said the success of the Government's new Help to Buy scheme was a key factor in both trends.

"The launch of Help to Buy has had a huge impact both on the number of new homes we are selling and the type of properties which are being bought.

"Our latest figures show that sales volume is around 25 per cent higher this year than 12 months ago, before Help to Buy was launched.

"And it is clear that people buying for the first time are choosing larger homes than they might otherwise have been able to afford.

"Where once new homeowners would have been happy with a two-bed property for their first home, they are now looking at three bedrooms or even bigger.

"Part of that is almost certainly down to using Help to Buy to make their money go further, while part of it will be down to social changes. People expect more for their money these days and want a more spacious home than might have been the case a few years ago.

"It has the added bonus of meaning they can stay in their first home longer because they have plenty of space to grow into. It is certainly something which we, as a house builder, have had to factor into our plans to make sure we are building the sorts of homes that people want."

The Help to Buy scheme enables all purchasers, not just first-time buyers, to put down a five per cent deposit on a new-build home with up to 20 per cent of the cost of the home funded by a shared equity loan, linked to the property's value but interest free for the first five years.

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How whiplash claims have affected the insurance industry

THE INSURANCE industry has been in turmoil in recent years and a large part of the bad press that the industry has been receiving has been due to impact of the rise in whiplash claims.

Indeed, figures, quoted by insurers, indicate that there has been an increase in the number of personal injury claims on the road since 2006, despite a simultaneous decrease in the number of reported accidents involving personal injury. This discrepancy is what insurers and the media have being using as a basis to support the assertion that 'Britain is the Whiplash Capital of the World.'

According to figures quoted by UK insurers, over 1,500 whiplash claims are made in the UK each and every day, which is purported to cost the industry an astonishing £2 billion annually.

In order to recoup these costs, insurers have taken to increasing the cost of the annual average insurance premium by a staggering £90, which, understandably, has resulted in a public outcry, as well as a deluge of media attention.

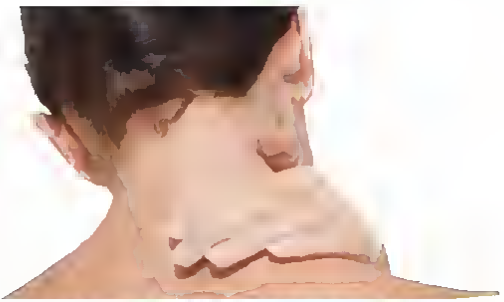
In recent months, the Commons Transport Committee, a cross-party task force, has been investigating the claims by UK insurers that car insurance premiums have been raised in recent years because of the astronomical increase in the number of fraudulent whiplash claims being made.

The intention of the report was to discover whether the assertions being made by insurance companies are genuine, whether new medical panels should be introduced to ascertain if a whiplash claim is legitimate and whether the small claims limit should be raised, which would allow insurers to settle smaller cases in small claims court.

In July 2013, the Commons Transport Committee published their findings and they were findings that were by no means in line with what the insurance industry had hoped for.

The report committee found that, based on the information available, there was no conclusive proof that the number of fraudulent whiplash was rising at the rate quoted by insurers. In fact, the report showed that the number of whiplash claims has actually fallen rather drastically since 2011 and the figure now stands lower than at any time since 2008, with the number of claims falling by 60,000 in 2012 alone.

With regards to insurers' desire to see new medical panels introduced, to ascertain whether whiplash claims are genuine or not, their views were largely discredited by the medical community, who were quick to point out that neither x rays or MRI scans,



the proposed means of assessing injuries, are of no discernible value, given that they are unable to detect whiplash symptoms.

Finally, the Committee concluded that by changing the small claims limit significantly, those with genuine injuries would no longer have access to justice, largely because the average person will be unable to represent themselves effectively in small claims court. The committee recommended, therefore, no change in the current threshold.

While the insurance industry hoped that the Commons Transport Committee's report would find in their favour, helping the industry to recoup some of their losses over the long term, the reality of the findings has been altogether more damning.

The Commons Transport Committee has firmly told the insurance industry that they 'must immediately get their house in order.' The hope of the Committee, moving forward, is that this report will provide the spur that the industry needs to start lowering premiums and making the claims process for a genuine personal injury, through a reputable firm, such as Jefferies Solicitors, all the more straightforward and less daunting for the average person.

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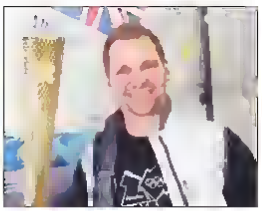


OLYMPIC coach Steve Gent who has worked with multi-Olympic-medal winning athletes including four times Olympic Champion Sir Ben Ainslie is now directing his highly successful fitness and conditioning regime from the Golf Academy at historic Goodwood.

Steve has been a conditioning coach for more than 15 years and applied his expertise to a variety of sports including sailing, diving and triathlon. However, he started his career in elite sport working with a professional golfer. He says "I've been particularly involved with athletes whose body mechanics and posture are essential for success – this is none more so than in golf."

Accordingly, Steve has developed a systematic approach to golf conditioning that integrates fully with the services already on offer at the Golf Academy at the prestigious West Sussex resort.

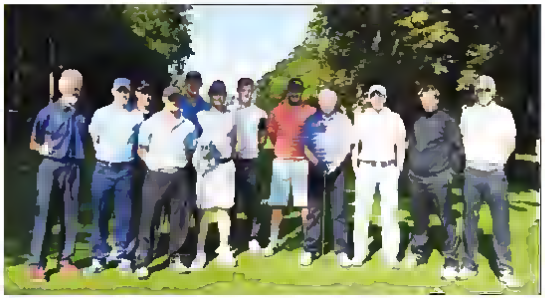
Steve who holds an Honours degree in Sport and Exercise Science as well as a Masters' degree in Exercise Physiology helped prepare athletes for three Olympic Games from 2004, totalling over 170lympic medals as well as 90 podium finishes in World and European Championships.

He also extended his scope beyond elite athletes and has coached hundreds of enthusiastic individuals and says. "We use sport and exercise science to provide solutions for those who have performance or health related goals for sport, work and life. Our programmes can work regardless of your level or background."

Golf At Goodwood's reputation as a centre of golfing excellence continues to grow with this most recent appointment and Stuart Gillett, General Manager at Golf At Goodwood is delighted with the association. He said "Steve is a great asset to the Goodwood team and alongside our golfing ambassador Justin Rose who credits a major part of his US Open win to his strength and conditioning it is a timely appointment, and we can now offer our members and visitors his unique level of expertise."

Cricket

LV County Champions visit Goodwood



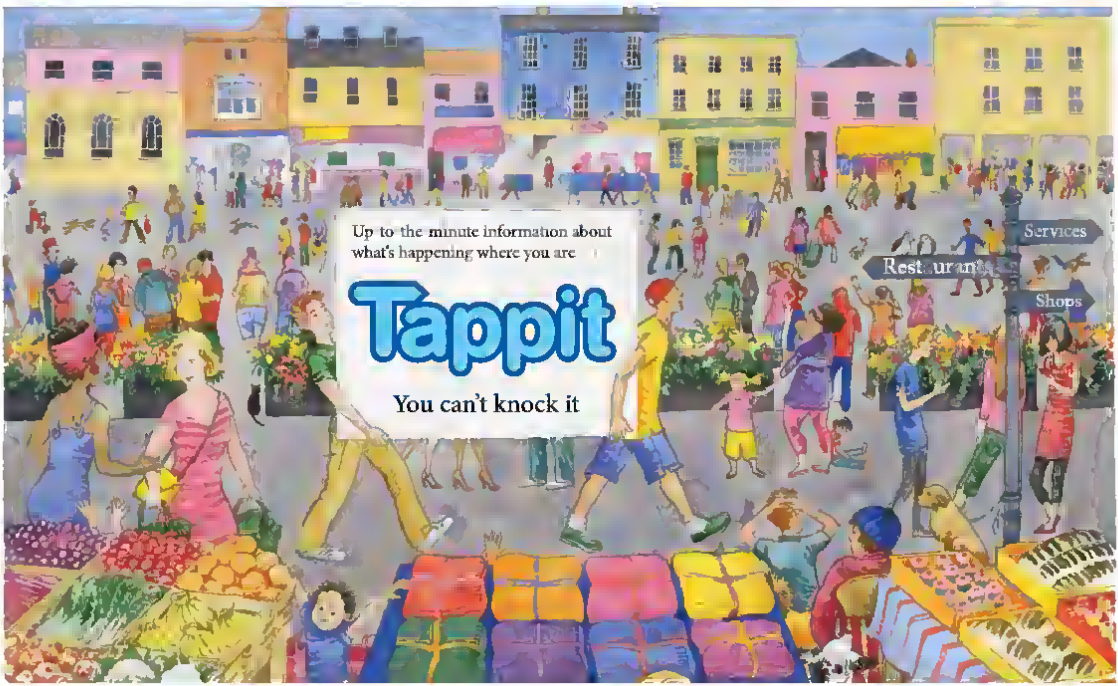
DURHAM'S victorious cricketers, winners of the 2013 LV County Championship for the third time in six years celebrated their latest triumph with a round of golf at Glorious Goodwood.

They were on route to Hove for their final match of the season against Sussex and were invited to demonstrate their golfing skills over the award winning Championship Downs Course.

Durham Captain and former England Captain Paul Collingwood said. "The team really appreciated the relaxing mood after such an intense season and the challenge and welcome from Goodwood. It is a great course in superb condition and we look forward to coming back."

Paul was awarded the MBE and plays off a five handicap, he was a regular member of the England Test squad and Captain of the one day international side.

The squad was also joined by local rival and International wicketkeeper Matt Prior who is also a single figure player and has also won three county championships during his 12 year tenure at Sussex County Cricket Club.



Football

Ender keeps run going as City win

Monday 30 September 2013
Sussex County League Division One
Chichester City 1 0 Worthing United

By Chester Browton

CHICHESTER have now gone 381 minutes without conceding a goal after this latest victory over Worthing United.

A goal from Julian Boniface proved decisive against a very physical opposition, who arrived at Oaklands Park having had five players red carded in their five previous games.

There were few clear-cut chances during the first half, with Worthing attempting to muscle their way through. Badger Martin unleashed a fierce shot on 42 minutes but Anthony Ender saved brilliantly.

A moment later Chichester gained a free-kick a few yards outside the box, but Josh Case's strike sailed over the bar.

The match began to open up from the start of the second half, but it took just over an hour for City to mount a serious shot at goal through Tom Groom. And from the resulting corner, the cleared ball was sent back in by Boniface and bounced awkwardly to confound keeper Steve Allfrey.

Case hit the ground after breaking through, but the home appeals for a penalty were denied. Ultimately, the decision didn't affect the outcome, but afterwards when asked if he thought it was a foul, City joint-boss Sean Forry said: "Yes – I thought it was. It looked like Josh had has heel clipped. It may have been accidental but it stopped a clear run on goal."

Worthing United joint-boss Lloyd Saunders commented: "The trouble is we can't get out a settled side at the moment. Every game we are having to make three or four changes due to one reason or another. If it had finished 0-0 I thought that would have been a fair result."

Concerning the appeals for a City spot-kick, Saunders added: "It was never a penalty in a million years. The player fell over the ball."

City: Ender, Heath, Madden, Boniface, Hibbert, Case, Groom, Cody, Gromett, Hegarty, Burbridge. Subs: Ansa, van Driel.

Q Hair Man of the Match – Julian Boniface

Straight from the commentary box

Who gets to choose the number on the back of the players shirts?

Johnny Cantor

THE OTHER NIGHT as I prepared to sit down and watch some live football on the box for a change, my son asked: "Dad, Who gets to choose the number on the back of the players shirts?"

I ventured into a rambling explanation of how in days gone by No 3 used to be the left back, No 10 tended to be the creative player and No 9 was often the main centre forward. Of course nowadays things are very different with larger squad sizes but it did get me thinking about the old No 9s. The era of Bob Latchford and Paul Mariner might be gone but all the talk in and around the Albion for the last 3 days has been about strikers. The loss of Leonardo Ulloa is to say the least unfortunate and as I write the on-going search for back up continues. Ashley Barnes deserves huge credit for his part against QPR but the goals have dried up. So what are the options? A short term loan until Craig Mackail-Smith returns? Some previous incumbents haven't worked (eg. Billy Paynter) and strikers costs money.

One out-of-left field suggestion would be to play without one. Ok bear with me. Barcelona famously adopted a system where there was no recognisable striker and Bayern Munich's 'keep ball' on Wednesday against Man City shows possession is key. You may currently be laughing at the suggestion but of all the teams that could assume the strategy Albion would be well placed. The head coach Oscar Garcia is shrouded in Barcelona's adopted style having played with Pep Guardiola. The Seagulls' players are also accustomed to maintaining possession. Many people keep saying to me that you need a 25 goal a season forward to get promotion. I'm not so sure. In fact no-one has been prolific during the Amex years and they came pretty close last season.

It is Ashley Barnes who currently has the number 9 on his back and has an uncanny knack of creating space in the penalty area. Long may that continue but a fluid style

which may yet provide dividends. It has been a depressing season for injuries but there's one note of optimism. Albion's better performances this season have come against stronger sides. Let's hope they return to winning ways against a Nottingham Forest squad that boasts several big earning strikers and a club that appears to me to be taking scant regard for the implications for Financial Fair Play.

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Football

City take derby honours

CHICHESTER CITY Ladies out-played and out-classed Portsmouth University Ladies to roll out a 5-0 victory at a packed Oaklands Park last Sunday. Chi Ladies first clean sheet of the season was brought about through fantastic midfield shape and movement conducted by the ever present veteran Kirsty Willett. This in addition to another solid performance from McNamara's back line made the goal mouth impenetrable.

Chichester were undefeated through pre-season and the early stages of the league campaign but were yet to produce a convincing performance. This all changed as Sunday's team operated with class and finesse, the squad looked comfortable in possession and moved the ball well across the park to find pockets of space in the wide areas. Pompey Uni Ladies defended well and deep but soon the striking partnership of Cheshire and Challen found space behind the back line, Cheshire's shot was saved and Challen soon followed up to put Chi in front.

The win sees Matt Wright's Chi Ladies move to second in the league and more importantly all the hard work on the training field is paying off. A special mention should go to full debutant Emily Symonds who slotted straight into an already strong defence. The team have a week off this Sunday and then face league favourites, Forest Green, at Oaklands on the 13th of October.

Team: McNamara, Symonds, McGlashan, Alexandre, Starkey, Wride, Willett, Widdowson, Strudwick, Challen, Cheshire. Subs: Shrubb, Fowlie, Harnett.

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